



# NEW MANDATORY FITNESS RULE

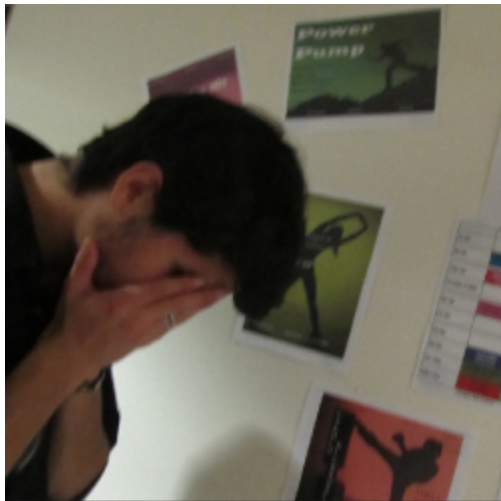
November 30, 2011 by [Brittany Brown](#)

Filed under [Campus](#), [Health & Beauty](#)

[Leave a Comment](#)

*Lynn Raises the Bar to Ensure Students are Living a Healthy Lifestyle*

**By CASEY DOLL**  
**Staff Writer**



Student reacts to new policy. Staff Photo/ C. Doll.

Maintaining a healthy physique is important to keep a vigilant and active mind, as well as an overall better quality of life. As the saying goes, “healthy body, healthy mind.”

Lynn’s administration has reflected upon this thought and has concluded that a really healthy body must mean a really healthy mind. Several new policies have been planned that will ensure physical perfection from all students.

The first major innovation is to transform the campus’ main pathway into a giant treadmill, much like a reversed airport express walkway. Students may ride bikes outside the pathway, but walking off of it is strictly prohibited. The campus benches may be used to take short breaks, however, there is a one-minute time limit per student. Failure to adhere to this policy will result in suspension and potential incarceration.

“We are very excited for this new policy, especially the ‘wacky hour,’” said an administrator. “From 6 p.m. to 7 p.m., we will turn on random bursts of hyper speed and throw a few banana peels onto the track.”

Every elevator on campus will be closed in order to force students to use the stairs. Vending machines will now sell only fresh fruit and vegetables.

Additionally, the campus’ safe ride system will soon trade its golf carts for tandem bikes, allowing workers to steer the bike while students work the pedals.

“This is so stupid,” said a frustrated obese student. “How did our ancestors survive without Mountain Dew and Pop Tarts?”

Lynn faculty members are exempt from all of these policies. Students may volunteer to carry faculty members around on their new golden benches while feeding them grapes and will be rewarded with candy bars.

Note: This piece was written in a joking, satirical manner and should in no way be taken seriously.

## LYNN HONORS FALLEN KNIGHTS

November 30, 2011 by [Brittany Brown](#)  
Filed under [Campus](#), [Featured](#), [People](#)

[Leave a Comment](#)

*Two Years Later, The Memory and Legacy of Our Loved Ones Lives On*

**By MARIAH KULKIN & JENNA MURRAY**  
**Staff Writers**



Students sneak a peek at the construction of the Remembrance Plaza. Staff Photo/ M. Kulkin & LU Photo.

Jan. 12, 2012 marks the two year anniversary of the Haiti earthquake. Lynn University will be honoring the lives lost during the tragedy with the Lynn Remembrance Plaza.

Construction began on the project in Summer 2011 and it will be completed by the spring semester.

In January 2010, Lynn sent 12 students and two faculty members on a trip to Haiti to do charity work with Food for the Poor. The 7.0 earthquake that struck the country, unfortunately, ruined their charity plans and created a day that will always be remembered in Lynn history.

Lynn was fortunate to have eight students return back home safely, however, four students and the two faculty members on the trip tragically did not. "It's a tragedy that the lives that were lost were doing such great work," said Amanda Schultz, senior.

The Lynn Remembrance Plaza will serve as a place for those who are looking for hope and inspiration to go to and reflect.

It is also a place to remember those who were lost and to know that they have motivated and inspired others to do great things in life.

For students who attended Lynn when this disaster hit, they will always remember this day and will share the story with others. New Lynn students will be able to learn about the spectacular lives that were lost through this memorial for years to come. New incoming students can appreciate what their past classmates did by visiting this memorial.

This will ensure that the members of the community will always be spoken about, especially to remember their good hearts and souls. "I am new this year and I think it is very nice that Lynn is remembering their students in such a great way," said Bianca Savulak, junior.

A dedication ceremony will be planned for the spring once the plaza is complete. Details and specifics about this event will be released when they become available.

Over the January Term, Lynn students will take part in the second annual Knights Unite Day of Caring. All students are encouraged to participate in one of the many community service projects the university will be sponsoring. Projects will be both on and off campus. Students should be on the look out for more details on this day.

## **EAT SUSHI 'TIL SUNRISE IN STYLE**

November 30, 2011 by [Brittany Brown](#)  
Filed under [Best of Boca](#), [Food](#)

[Leave a Comment](#)

*Sushi Yama Gives Students a Delicious Late Night Hangout at Reasonable Prices*

**By A.J.MERCINCAVAGE**  
**Staff Writer**



A selection of the delicious food offered at this popular restaurant. Sushi Yama is a favorite of Lynn students. Staff Photos/ A. Mercincavage.

Students are always looking for new, late-night places to eat and Sushi Yama gives them just that. Located off of Palmetto Parkway, the Japanese restaurant is open until 2 a.m.

“I love that it’s open late because when I get my sushi senses tingling I can go and get it almost anytime,” said Kayla Golladay, junior. “They are also good about accommodating big groups too.”

Sushi Yama offers a large variety of affordable appetizers, noodle dishes and rolls. They also offer super signature rolls for around \$12-20. The “Lobster Bomb” roll is the star of the bunch, with tempura lobster tail, avocado, cucumber and lettuce with roe and a special sauce.

“The lobster bomb is the best tasting sushi roll you can ever get. You get about eight rolls with a piece of tempura lobster inside, along with two rolls with an even bigger piece of lobster meat,” said Jen Morano, junior. “Then they put the final touches on it by filling a lobster tail with pieces of the tempura lobster. No wonder why they call it a lobster bomb.”

Sushi Yama also serves fresh seafood, curry and noodle dishes. Japanese dessert classics, like green tea ice cream, tempura ice cream and baked alaskan round out the menu. This is probably the best assortment of Asian cuisine in the area.

And do not forget, Sushi Yama is open late. So if students are in the mood for a trendy, late night hangout, they should head over to Sushi Yama.

Sushi Yama is located at 7050 Palmetto Parkway, just passed the intersection with Powerline Road. Students can check the menu at [www.sushiyamaonline.com](http://www.sushiyamaonline.com)

“It’s a really fun atmosphere, there’s always music, there’s always a table open,” said Sophia Barrett, junior. “The presentation is perfect. And the Lobster Bomb is the bomb.”

## STUDENTS TAKE OVER AIRWAVES

November 30, 2011 by [Brittany Brown](#)  
Filed under [Campus](#), [Entertainment](#), [People](#)

[Leave a Comment](#)

*A Profile of A Student Radio Host And Her Passion to Entertain Students*

**By AMELIA DOUGHERTY**  
**Staff Writer**



Paulus is a Knight Radio host. Photo/ G. Paulus.

Grace Paulus, junior, is a quiet and understated person. She never tries to be the center of attention in a crowded room, but she is rocking the airways on Lynn’s own radio station, Knight Radio.

She started her show last April and has gained a large amount of attention on campus for her show.

iPulse: How did you find out about Knight Radio?

Paulus: After walking past the radio station many times, I never really saw it being used in action until one night I saw Helena Suba hosting her own show. After that moment and seeing how awesome she did I also wanted to experience it.

i: How long have you been involved in Knight Radio?

P: I have been involved with Knight Radio for almost a year now. I started in April of last year. I did not expect for it to last so long. But since it has grown and more people are listening, I have decided to keep going with it.

i: What kind of show do you broadcast?

P: My show is different because I do not play music that one could already hear on the radio. I enjoy playing music from local artists in South Florida, in addition to other indie and underground music. I love to support local musicians because I have been introduced to some amazing talent here and I think people need to be exposed to it.

i: What advice do you give other students who are interested in radio?

P: I would encourage anyone who loves to talk and is passionate for music to try it out and see where it can take them. I started out not knowing how long I would be doing it, but have fallen in love with it.

Other students are taking part in this great experience. Helena Suba hosts her show Rock Radio on Wednesday nights. On Tuesdays and Thursday one can tune into the turntable styling's of Mark Kincaid. For a full list of show times, visit the Knight radio station on the 3rd floor of the library.



## LOUNGING IN THE SUN ON CAMPUS

November 29, 2011 by [Brittany Brown](#)  
Filed under [Campus](#), [Lifestyle](#)

[Leave a Comment](#)

*How Do Students Feel About the Beautiful, Relaxing Lynn University Campus*

**By ALYSSA JACOBSON**  
**Staff Writer**



Students express their love of the beautiful, relaxing and tropical campus Lynn provides them.  
Staff Photo/ A. Jacobson.

Located in sunny South Florida, Lynn has brightened the feel of its campus by shining light on the beauty it has to offer its students with peaceful fountains, hammocks and two luxurious swimming pools. Lynn Knights can truly relax and enjoy the comfort of a college life. iPulse set out to see how students feel about the aesthetics of their campus:

“I like that I can look out my dorm window and see my peers lounging on the hammocks,” said Melissa Gerlitz, senior. “Our campus is so very unique.”

“As a transfer student from Minnesota, when I saw the crystal clear blue swimming pools, I felt like the campus was a vacation destination,” said Meaghan McNanara, junior.

“The campus has a relaxing feel of a tropical island with all the palm trees,” said Alex Harriman, junior.

“I enjoy fishing on the lakes of Lynn and value that as a major luxury,” said Eli Finn, sophomore.

“Students are fortunate to study in Florida and that our school provides many hammocks to enjoy with friends on campus,” said Brian Datz, junior.

“As a freshman, I find the fountains to be very relaxing to listen to as I am trying to adjust to the stresses of college life,” said Keith Whitaker, freshman.

Whether one’s favorite aesthetic part of campus is the hammocks, fountains, pools or lakes, iPulse wishes students take the time to enjoy the sunny and peaceful location Lynn calls home.



# SPOTLIGHT: ORTIZ OF LADIES SOCCER

November 29, 2011 by [Brittany Brown](#)  
Filed under [Athletics](#), [Campus](#)

[Leave a Comment](#)

*One of the Leaders of the Lady Knights Soccer Strives to Compete More*

**By SHAWN KALE**  
**Staff Writer**



Ortiz works hard on the soccer field, both as a Fighting Knight and a member of the Colombian team. Photos/M. Ortiz.

Most athletes who play at Lynn only get to represent the blue and white, but that is not the case for women's soccer player Melissa Ortiz as she suits up for the Colombian national team.

Ortiz is from Wellington, but with both her parents being from Colombia she gains eligibility to play for the national team. "It is awesome. I got to play in the Under 20 World Cup in Germany in front of about 23,000 people," said Ortiz.

In the match against host country and favorite to win the event, Germany, Ortiz scored her first international goal for her country. "It was the best memory of my soccer career to score on that kind of stage," said Ortiz. "I kissed the national logo patch on the jersey to celebrate and I will never forget it."



With the upcoming 2012 London Olympics, Ortiz is vying for a spot on the Colombian Olympic team where she will have another chance at international glory. “I continue to train with the international team and once May comes, there will be intense trials to be a part of the Olympic team,” said Ortiz. They will be taking 18 to 20 girls to London for the games. It would be my biggest accomplishment for sure,” said Ortiz.

Currently getting her MBA in marketing, Ortiz has weighed her options and is considering playing professionally overseas when the year is up. “It would be a great experience, but I’ll probably be nervous to start,” said Ortiz. “I have played in Europe before and it is a lot different and faster than it is in America.”

Ortiz still has family that lives in Colombia and always goes to visit and spends summers there. “It is a completely different world; the people are great and way more nice and welcoming,” she said. “The culture is amazing and the festivities are great. Boca is like a fairytale world and being in Colombia, you get to see what real life actually is,” Ortiz said.

With the upcoming Olympics, Ortiz has a chance to live a fantasy in London and the games themselves. She could be a part of something that the whole world would be watching, and the Lynn community would be rooting her on the whole time.

## THE ACTOR THAT ‘LEADS’ THE WAY

November 29, 2011 by [Brittany Brown](#)

Filed under [Campus](#), [Entertainment](#), [Featured](#), [People](#)

[Leave a Comment](#)

*Drama Major Hits the Ground Running While Developing as a Performer*

**By SOPHIA BARRETT**  
**Staff Writer**



Castellano performs in various campus productions. Staff Photos/ F Barioli.

Marc Castellano is a junior majoring in drama. He has been in more than 30 productions during his time at Lynn. iPulse sat down with him to find out some more about this great rising talent.

iPulse: How did you start acting?

Castellano: I started acting my freshman year of college here at Lynn. I always wanted to try it, so I took Acting I with Adam Simpson and I've loved it and have been committed to it ever since.

i: How did you start dancing?

C: I've been dancing forever, but I never had training. I never really practiced. Once I came here, I met the right people who have been dancing for years and have been around it for the better part of their life, so they strung me along and I can't thank them enough for that. Currently I'm in a dance crew and these guys and girls have become very important to me.

i: How will you combine acting and dance?

C: My contemporary and lyrical pieces involve a lot of acting and that is something I love to do. I've done these types of pieces in past shows here at Lynn

i: What do you want to do with performance?

C: Keep performing for as long as I can.

i: Which type of performance is your favorite to do?

C: My favorite type of performance would be anything with acting. I love acting; I love the elements of it. I love the thrill. I love playing a character and becoming one with that character

and truly making it my own. In my opinion, there's a spark that comes from acting that I don't get in a dance performance, at least not yet.

i: What style of acting fits you best?

C: I would say comedy fits me best. I've always been the Chandler Bing of the group, always making the jokes. Though I'm still learning, I really like my comedic timing and my facial expressions and my ability to improvise in a comedy.

i: How do you think the drama club is preparing you for your future in performance?

C: Well for one, we've done a lot of shows since I've been here and I've been in almost all of them. Constantly being in production after production has really helped with my stage presence and my confidence.

i: What show, that you have been in, did you like the most?

C: My favorite show was probably a tie between "Boeing Boeing" and the Celebration of the Arts. Those shows were just so live and I think those two performances brought my ability to entertain to another level.

i: You did not come into college as a drama major. Are you happy with the switch?

C: I couldn't be happier. I can't see myself doing anything else besides entertaining the people. Whether it's acting or dancing it doesn't matter. This is what I was born to do and I truly believe that.

i: How do you feel about the President of the U.S. being on the same stage that you have performed on?

C: I actually haven't even thought of that until just now, but that's pretty cool. What would be even better is if I could perform in front of the president on the stage that I've performed on or if Mr. President would perform with me. Bring it on Barack.



## A TASTE OF PITTSBURGH IN SO-FLO

November 28, 2011 by [Brittany Brown](#)  
Filed under [Food](#)

[Leave a Comment](#)

*Students can Attempt to Devour A One-of-a-Kind Sandwich in Ft. Lauderdale*

**By A.J.MERCINCAVAGE**  
**Staff Writer**



Primanti Brothers in Ft. Lauderdale.

In Ft. Lauderdale Beach, there is one place to go for authentic Pittsburgh sandwiches any time of the week: Primanti Brothers Pizza and Grill.

Right off of A1A, Primanti Bros. allows customers to build their own sandwich, served with French fries, coleslaw, tomatoes, provolone cheese, and your choice of meat, fish or eggs. All of these ingredients are then piled high between two hefty slices of fresh Italian bread.

“I think it was the best sandwich I’ve ever had,” said Sophia Barrett, junior. “I think the Man vs. Food guy, Adam Richmond, should come here because it’s his type of place.”

Primanti Bros. began serving their unique sandwiches in Pittsburgh during the 1930’s. The chain has grown to 20 restaurants, including three in Florida.

The secret to their success is in the sandwich. The greasy starch from the fries works great with the crunch of the coleslaw and the saltiness of the meat. The Italian bread puts it all together and makes the monster sandwich manageable to eat.

“I liked the consistency, the feel of the fries on the sandwich,” said Jordan Ackerman, senior. “That was an interesting combo.”

It is not the healthiest food option for students watching what they eat, but Primanti Bros. is open 24 hours a day, 7 days a week. This makes it a great late night snack for those willing to pound some carbs.

“I was trying to be healthy,” said Jen Morano, junior. “So I decided to get a sandwich with turkey, so at least it was a leaner meat. I had to get it with all the necessary essentials in it like fries, coleslaw and pickles on the side.”

Primanti Bros. also offers breakfast from 8 a.m. to 10:30 a.m., pizza, burgers and a limited Italian menu. They are located at 901 North A1A in Fort Lauderdale. Remember though, the restaurant is cash only. Sandwiches are reasonable, costing just \$6 to \$7 dollars.

“I’d come back. If they served breakfast 24 hours, I’d be here everyday,” said

## KEITH’S INTERNSHIP EXPERIENCE

November 28, 2011 by [Brittany Brown](#)

Filed under [Campus](#), [People](#), [Profiles](#)

[Leave a Comment](#)

*Lynn Student Lesley Keith Interns With Lynn Alum’s New Blog Company*

**By NICOLE THAW**  
**Staff Writer**



Keith gets real world experience while studying at Lynn. Photos/ L. Keith.

Lesley Keith began an internship last month with “What’s tha Word,” a blog site that keeps readers updated on current events in the hopes of meeting new people. Keith hopes to expand her horizons and strengthen her resume.

With the help of Professor Stefanie Powers, Keith landed the internship. While she is new at the job, her experience thus far has been positive. “I like that ‘What’s tha Word’ is a new business and I am a part of growing with them,” said Keith. “They listen to my advice and really involve me in the group.”

“What’s tha Word” started by Darnell Kirkwood, CEO and founder, is based out of South Florida. A Lynn alum himself, Kirkwood began the blog site as a result of his interest in music, sports, entertainment and food. For students who have not yet participated in an internship, Keith highly recommends it. “Interning has expanded my resume and given me the opportunity to work with new people. I have never worked with an Internet, social media and blogging site and that’s what this generation is all about,” she said.

The blog site is run by a young team; some of whom, like Kirkwood, are Lynn alum.

As an avid photographer, Keith hopes to eventually be able to contribute her photography to the website. She is considering continuing at Lynn in the hopes of receiving her master’s degree, possibly in the field of communication. She also hopes this internship will enrich her with the experience she needs to further her education.

Unfortunately, she was not able to receive school credit for the internship as she missed the deadline, but the experience she has gained from working for “What’s tha Word” has proven to be rewarding enough. When not busy with her internship, photography or schoolwork, Keith can be found traveling, shopping and hanging out with friends.

For students interested in reading her blog, visit [www.whatsthaword.com](http://www.whatsthaword.com)

## JIM LEHRER TELLS HIS STORY

November 28, 2011 by [Brittany Brown](#)  
Filed under [Featured](#), [People](#)

[Leave a Comment](#)

*One of America’s Most Recognized Journalists at Lynn*

**By AURA CRUZ**  
**Staff Writer**



Jim Lehrer speaks to the Lynn community in the Wold. Staff Photo/A. Cruz.

Jim Lehrer, one of America's most recognized journalist, joined David Jaffe, dean of the International College of Communication, on the stage of the Wold Performing Arts Center recently. Lehrer graced the venue with his enthusiasm. "I have an optimistic view of everything," he said. "It's my nature, it's my training."

Lehrer began by briefly touching on the nation's political environment today. Though his views toward the topic were adverse, he managed to be comedic. He then spoke about how he was inspired to become a journalist. He explained how events and people in one's life could lead to new ideas and interests.

As a child, Lehrer's dream was to become a major league baseball player. However, all the hopes he had were crushed when his coach told him he had no chance in that field. Nonetheless, after receiving a graded essay with a note written by a teacher saying, "you're a very good writer" Lehrer decided he would become a journalist instead.

Lehrer said that over the years, the biggest impact media has had is the increase in technology, which has been both an advantage and a disadvantage to the field of communication. With all the innovative technology and the boom of networking sites, getting a hold of news has become extremely accessible.

However, along with that ease comes a disadvantage; nowadays much of the information filtered through websites is often inaccurate. Lehrer insisted that the core elements to being a successful journalist were to be optimistic and accurate; he could not stress enough the topic of inaccuracies presented in the news.

This transitioned Lehrer to a topic that, up to today, still weakens his heart: his memories of President John F. Kennedy. "This is something that I will always remember, every moment of it," Lehrer said. He spoke about what his duties as a journalist were that day and how it will always live in his memory.



Jim Lehrer has had an extremely successful career, receiving countless awards and experiencing many exciting events. However, his fame and success have not brainwashed him into arrogance. Instead, Lehrer is an extremely easy going and down to earth person. His friendly aura filled the entire performing arts center, making the interview exceptionally entertaining.



## BOCA OFFERS CARE TO CAREGIVER

November 16, 2011 by [Brittany Brown](#)  
Filed under [Best of Boca](#), [Campus](#), [Lifestyle](#), [People](#)

[Leave a Comment](#)

*Students Might be Suprised by Assistance Opportunities in Palm Beach*

**By DESTINY GOLDEN**

**Staff Writer**

Although many college students do not usually think about being caregivers, it is something that is becoming more prevalent in homes. In the national profile, Caregiving in the U.S., the average age of a caregiver is 49. This is due to service men and women returning home from war disabled and the Baby Boomer generation getting ready to retire.

While there are many levels of caregiving, Senior Director of Program Development at Hospice by the Sea in Boca Raton Dr. Stefanie McKee defines a caregiver as anyone who provides unpaid services to the elderly or disabled.

Often times focus is put on the individual being cared for. However, caregivers need help as well. “They are overwhelmed, often not taking care of themselves,” said McKee. “And they are not aware of the services available to them.”

A division of Hospice by the Sea is the Aloesea Caregiver Program. It provides services and support to caregivers so they can better care for themselves.

They offer 90-minute group services, aromatherapy, reiki and healing touch therapies, education and respite.

The Louis and Anne Green Memory and Wellness Center at FAU also offers support services to caregivers. Their program includes stress reduction, education about memory disorders, support groups, professional counseling and consultations.

They also have an adult day center on site that allows people with mild and moderate memory loss to participate in activities, allowing those who care for them some free time.

To volunteer or make donations to Aloesea or Hospice by the Sea, visit their website at [hbts.org](http://hbts.org). To volunteer or make donations to the Louis and Anne Green Memory and Wellness Center, they can be contacted at 561-297-4066.

## CAREGIVING BECOMES PREVALENT

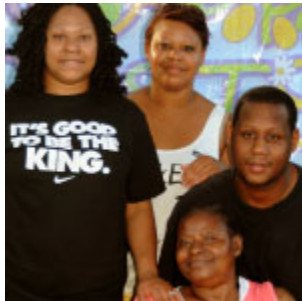
November 16, 2011 by [Brittany Brown](#)  
Filed under [Campus](#), [Columnists](#), [Lifestyle](#)

[Leave a Comment](#)

*iPulse Staff Writer Shares Her Personal Story of Becoming a Caregiver at 21*

**By DESTINY GOLDEN**

**Staff Writer**



Golden poses with her mother and siblings. Staff Photo/ D. Golden.

Recently, a peer said to me, “It’s so hard being 21 because people expect you to go out for Halloween and I have no idea what I’m going to wear.” All I could think was if what to wear for Halloween were my only concern at 21, I would have been ecstatic.

Six days after my twenty-first birthday, my mother had a stroke; she spent three months in the hospital. By the time she came home, she was unable to do many of the things we take for granted. For example, she could not walk, could barely speak or eat, and could not even give herself a bath.

It was at this time that I was thrown into the role of a caregiver. In the days following her stroke, I would wake up early, give my mom a bath, her breakfast and medication and then get myself ready for work. I would work a job I hated all day only to come home, cook and feed my mother,

give her a bath and medicine, then put her to bed. It was like having both a full-time and part-time job.

Caregivers in the U.S. spend an average of 20 hours per week providing care for their loved one, according to The National Family Caregivers Association.

After seven years of this I became burnt out. I was physically and emotionally exhausted; I was depressed and angry, and to this day I still carry heavy feelings of guilt. I had no social life and very few friends. It is hard to find a sitter for a 54-year-old woman, so going out was usually out of the question.

I felt alone and had no idea what to do; I knew I had reached my limit. Luckily, my brother found out about a program run by Broward Homebound, which provides assistance to caregivers of those unable to care for themselves. They provided us with a certified nursing assistant who came every morning to give my mother a bath and clean up around the house.

They also provided meals and paid for my mother to attend an adult day care facility three days a week. While this gave my siblings and I a much-needed break, we eventually had to put my mother in a nursing home. That decision was the hardest of my life.

Though I missed out on many things people normally experience while they are 21, I do not regret having gone through the situation with my mother, as it helped me understand how precious life is.

Being a full-time caregiver is not an easy job, but it is becoming more common. According to The National Family Caregivers Association, more than 65 million people—29 percent of the U.S. population—provide care for a chronically ill, disabled or aged family member or friend during any given year.

While most college students think this is something they will not have to worry about until they are much older, they could be wrong. According to The Family Caregiver Alliance, about 51 percent of caregivers are between the ages of 18 and 49.

You are here: [Home](#) / [Best of Boca](#) / CARETAKERS COME “FULL CIRCLE”

## CARETAKERS COME “FULL CIRCLE”

November 16, 2011 by [Brittany Brown](#)  
Filed under [Best of Boca](#), [People](#)

[Leave a Comment](#)

*Lynn's Own Bob Levinson to Publish Caretaking Book About his Life*

**By A.J. MERCINCAVAGE**

**Copy Editor**



Levinson at Harbour's Edge. Staff Photo/ A. Mercincavage.

They both shared a lifetime with their spouses, and now Senior Development Officer Bob Levinson and his partner Zelda Luxenberg are publishing a book on spousal caretaking, life, love and retirement communities.

The book, "Full Circle: A Love Story," chronicles the couples' respective experiences caring for their spouses late in life and the care options open to seniors.

"It talks about our love," said Levinson. "[Also] about living in a retirement community, and about how you can start over again in a life, even though you were happily married for years and years."

Levinson's wife suffered from an upper respiratory infection, while Luxenberg's husband had Alzheimer's disease. They were married for 61 and 57 years. Like most people, they did not plan on caring for their spouses.

"One of you may get ill," said Levinson. "And your love then shines because you have to dedicate yourself to taking care of that person. The test, you might say, of true love is how you handle that."

The monumental test of caretaking was something the couple, at times, felt unprepared for.

"There's no preparation for it," said Luxenberg. "I read books on Alzheimer's so I could be better informed, but when you get down to the nitty-gritty, it's difficult, stressful, and because you love the person you're taking care of, you want them to have respectability."

One of the most trying things about the whole process, the couple said, was taking care of themselves as well.

"There is no relief for a spousal caretaker," said Levinson. "Almost without exception, there is no relief. Your emotions rise, [and you think], 'Am I doing the right thing? Am I making the right decisions?' Those who handle it well are the ones who keep their wits about them."

The couple decided to put their experiences on paper after finding each other through mutual friends at Harbour's Edge, a senior living community in Delray. Harbour's Edge is "the Cadillac of retirement living," according to Levinson, with a lively community that brings in musicians, lectures and outside speakers.

"It was going to be this silly book about people and then it turned into something much more serious," said Luxenberg. "Nobody knows how their book is going to close."

Levinson—who has worked at Lynn for over 20 years—is not new to publishing. He has written three books, including an anti-retirement book.

The couple remains actively involved in the Harbour's Edge community. They have been together for two years and iPulse wishes them many more.

"We believe all our worldly experiences have had a part in making this bond even stronger," said Levinson.

You are here: [Home](#) / [Best of Boca](#) / TAKING CARE OF LOVED ONES

## TAKING CARE OF LOVED ONES

November 16, 2011 by [Brittany Brown](#)

Filed under [Best of Boca](#)

[Leave a Comment](#)

*Sun-Sentinel Hosts Forum to Discuss the Care Given to Those We Love*

**By JENNIFER RODRIGUES**

**Editor-in-Chief**



Elderly women showing her love for life. Stock Photo

Sun-Sentinel and Lynn University will host a forum to discuss issues concerning elderly care tomorrow at 2 p.m. in the Amarnick-Goldstein Concert Hall in the de Hoernle International Center.

Caring for the aging population has become increasingly difficult for many individuals. Adults are living longer, but requiring more care as time goes on. Many families cannot handle the burden of caring for an elderly family member and must make the difficult decision to place loved ones into assisted living communities or nursing homes. There is a lot to consider when making these decisions and individuals should be informed about their options and the pros and cons associated with them.

In terms of elderly care, there are certain medical issues that take precedent. An elderly family member might not just be getting older, but may also be developing a disease such as cancer or Alzheimer's. This makes it even more difficult for self-contained family care.

The statistics related to elderly care are shocking to many. For example, one in eight Americans are over the age of 65, and senior citizens have a two in three chance of becoming physically or cognitively impaired, according to the Paying For Senior Care website. On average, it costs \$76,680 to live in a nursing home for one year and 46 percent of federal domestic funding is given to the elderly. This organization also states that the average patient receives 904 days of long-term care; that is just under three years of care. For these reasons and many others, the issues surrounding elderly care has become more important than ever.

Many students might feel that the concept of elderly care does not apply to them, but being informed can help young people be aware of what to do in the future.

Due to sudden on-set of illness, the average age of a caregiver is becoming younger. Individuals can find themselves in this important role far before they are truly ready. Students should make sure they know the basics of the options when it comes to care and some of the basics of various diseases that can affect the elderly.

The panel will consist of many experts in the field to truly help raise awareness of this important issue. Gary E. Barg is the editor-in-chief of Today's Caregiver magazine, caregiver.com, and also the host of Fearless Caregiver conferences. Another panelist is Barbara Grash, director of Program Services as the Southeast Florida Chapter of Alzheimer's Association. Edith Lederberg is the executive director of the Aging and Disability Resource Center. Representing Sun-Sentinel on the panel will be Rachel Patron, a columnist, and Diana Mellion from the editorial page.

Students interested in learning more about this important issue prior to tomorrow's event are encouraged to check out editorial columns written by many of the panelists for Sun Sentinel. Articles have been running for the past week and can be found on Sun-Sentinel's website.

All students are encouraged to attend this event to gain a better understanding of an issue facing the younger generation earlier than they might expect.

# MANDATORY ROOMMATE SWAP

November 16, 2011 by [Brittany Brown](#)  
Filed under [Campus](#), [Entertainment](#), [People](#)

[Leave a Comment](#)

*Lynn Campus Life to Issue a New Regulation to Exchange Roommates*

**By CASEY DOLL**

**Staff Writer**

Choosing to live with a roommate is often times a gamble. Some pairings can lead to lifelong friendships, while others can be absolute torture. This monumental aspect of college life will soon be enhanced for on-campus Lynn residents of with the addition of mandatory monthly roommate exchanges.

As of next semester, on-campus residents will be required to change roommates, now known as living partners, every month to achieve the most diverse college experience possible.

Students will soon take an extensively detailed 20-page survey that will gather information such as the student's least favorite scent and study habits. Living partners will then be paired based on who have the least amount of traits in common.

"Part of the college experience is learning about unfamiliar perspectives," said a staff member. "The new living partner system will allow students to learn, grow and suffer in new, imaginative ways."

To ensure diversity of the living partner experience, each living partner will be of different ethnicity, native language and taste in hobbies.

Living partners are required to bond as much as possible and will be surveyed every week. Survey questions include topics from the name of the living partner's elementary school crush to their mother's maiden name. Failure to pass these surveys will result in immediate expulsion from the university.

"My new roommate is really, uh, nice," said a bruised freshman as his senior body building roommate towers over him. "He's really talented, and, umm, a snazzy dresser."

While living partners are required to bond, they are discouraged from actually liking each other in any sort of way.

"A living partner is not meant to be a friend, but a learning experience," said a faculty member. "Who needs friends when you are learning about something cool and different?"



Note: This piece was written in a joking, satirical manner and should in no way be taken seriously

# PROCRASTINATION IS NEVER KEY

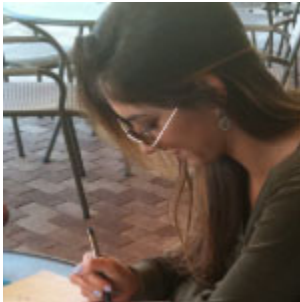
November 16, 2011 by [Brittany Brown](#)  
Filed under [Campus](#), [People](#)

[Leave a Comment](#)

*Properly Balancing Work and School is Key to Learning Time Management Skills*

**By RACHEL CAMPBELL**

**Staff Writer**



Student uses a planner to stay organized. Staff Photo/ R. Campbell.

Many students on campus work part-time jobs or manage an internship while also taking a full-course load. Students enjoy working off campus and often times have jobs related to their major. Time management is key for students, especially when juggling a full plate of responsibilities.

Using a planner can help keep students organized. It can also provide a visual aid for what needs to get done and a timeframe to accomplish them in; it is also so important to write everything down to make sure not to forget about it later.

Organizing an agenda and writing down objectives—such as when one plans to do laundry, go to work and class—is an important way to accurately visualize the amount of time one has in a day’s length.

“What a job has helped me with is managing my schoolwork and my job,” said Katie Brandl, senior. “While also maintaining a social life.”

It is important for college students to acknowledge the use of time management to guide them to success in college and the workforce. For students all involved with school events, sports and

jobs, managing time constructively is key. Learning how to handle all those extra curricular activities can help the students benefit in the long run.

## NEW DRINKING AGE IN THE STATES?

November 16, 2011 by [Brittany Brown](#)

Filed under [Campus](#), [Politics](#), [Politics, Politics and More Politics](#)

[Leave a Comment](#)

*Recent Drinking Age Debate Heats Up Between Students and Faculty at Lynn*

**By MIMI TRINH**

**Staff Writer**



Debaters at the event. Staff Photo/M. Trinh.

To help promote Alcohol Awareness Week, a drinking age debate was recently conducted on campus about lowering the drinking age in the U.S. Students from Psychology Professor Dr. Jill Levenson's Addiction and Society class ran the debate, and at the end was a question and answer period where the audience (students and teachers) could ask questions or make comments. Thirty-five audience members challenged 15 debaters; the room was heated up with questions and concerns.

On one side, a group argued the legal age should be lowered to 18. They posed a rhetorical question, asking why one is not legally allowed to drink while they can drive, vote, smoke, enter the military, get married and sign contracts at the age of 18. One of the debaters from Europe also shared that in his country, students can drink when they are in high school, so by the time they get into college, they focus on studying and do not get excited about drinking anymore.

The opposing argument had an interesting rebuttal, disputing that the drinking age should remain 21. "You can quit smoking, but you can't quit being dead," stated Matt Lemakos, junior. The team argued drinking, especially drunk driving, is an immediate action, while issues such as

smoking, voting and driving are not. Hence, it is unfair and irrelevant to compare drinking to these issues.

The room was heated with excitement, enthusiasm and even some humorous jokes toward the end when the audience started asking questions. “The part after the debate was better than the debate because there was more participation,” commented Lemakos.

After the debate, the audience voted, and keeping the drinking age limited at 21 won. No matter the result, each debater gained more experience in public speaking, while each audience member had a better understanding of the drinking issue. “Students learned how to develop reasoning skills and convince others with evidence,” said Professor Levenson. “Students should drink responsibly and use the buddy system instead of driving drunk.”

## PREDICTABLE PARKING PROBLEMS

November 16, 2011 by [Brittany Brown](#)

Filed under [Campus](#), [People](#)

[Leave a Comment](#)

*How do Students and Faculty Feel About the New Parking Regulations?*

**By ALYSSA JACOBSON**

**Staff Writer**



Cory Elasik is the library. Lynn Photo.

Parking at Lynn has never been a walk in the park. The newly enforced ASSAF parking regulations have put the spotlight on the predictable parking issue at the university and security is now cracking down on parking violators, no matter the excuse.

iPulse set out to ask students and faculty their opinion on the “predictable” of parking spots on campus.

“They are being very unreasonable,” said Madeline Bachovin, sophomore. “We pay an exorbitant amount of money to be a part of the Lynn community. The school should provide proper parking for their students.”

“I find the parking to be too limited and far away from classes,” said Cory Elasik, junior. “The school should be aware of the number of students attending and the limited number of spots available and accommodate accordingly. I also feel strongly that security should issue warnings before giving the tickets, especially for your first violation.”

“I think they should have more parking,” said Luis Guinand, sophomore. “I live on campus and am upset that there are never any parking spots available for me to park near student housing.”

“Parking by the Wold Center should be opened,” said Professor Michael Gregelis, mathematics department. “The school has this extra parking lot available, but they just don’t use it.”

“I feel that Lynn has enough parking,” said Psychology Professor Robert Riedel. “Every parking spot on campus is always a nice walk to my office.”

“I believe the university needs to provide more designated and paved parking for teachers,” said Professor Gary Carlin, communication department. “Because we are located in spacious, sunny Florida, I believe that has made a difference in the expectations for parking spots; imagine if we lived in a big city.”

A representative of the Knights of the Round Table has said that the expansion plan for 2020 will also include a large parking garage. Will students and faculty be able to wait that long? One will have to wait and see.

## DRAMA BOARDS “BOEING BOEING”

November 16, 2011 by [Brittany Brown](#)  
Filed under [Campus](#), [Entertainment](#), [Featured](#)

[Leave a Comment](#)

*Drama Students Perform a Play That Leaves the Audience Dying of Laughter*

**By SOPHIA BARRETT**

**Staff Writer**



Lynn Drama departement putting on a show. Photo/ K. Lemmon.

Recently, the Lynn Drama program performed its fall play “Boeing Boeing” to four packed houses.

“It was great to see so many students come out to see the show,” said Kayla Golladay, junior. “A lot of people had to wait in overflow lines to get into the show.”

The play takes place in Paris in the 1960s, where Bernard (Michael Williams, sophomore), a successful architect juggles three flight attendants’ fiancés: American woman Janet (Bianca Barioli, junior), a French woman (Kayla Golladay, junior) and German woman Judith (Sophia Barrett, junior). He tracks their airline’s timetables and his housekeeper, Bertha (Jen Morano, junior), reluctantly resets the menus and bedroom décor depending on which fiancée is in the apartment. So far, Bernard has been successful at each girl thinking they are the only one. Bernard’s old school friend, Robert (Marc Castellano, junior), arrives unexpectedly and Bernard proudly explains his busy, romantic schedule and how he makes it run smoothly. Every minute, there was a door slam and a new girl in the house while the boys and the maid frantically run around fixing photographs, statues and food. Unfortunate for Bernard, the weather is not in his favor and all three girls end up in the same house at the same time.

“Boeing Boeing was a really fun production for the audience,” said A.J. Mercincavage, junior. “The actors seemed like they were having a great time on stage and really got the audience to care about the plot. Some of the actors had to learn accents for the play, and they were spot on.”

Even some of the more picky audience members liked it. “I’m very critical when it comes to plays,” said Jon Volpi, area coordinator. “But everyone did a really good job. Cool story, too; it was very funny.”

The show had Casey McClure, senior, laughing to tears. “It was hilarious,” he said. “Every time the actors had to run around the stage, which was like, every scene, it had me laughing until I was crying.”

## **PATIENTLY WAITING FOR WAVES**

November 16, 2011 by [Brittany Brown](#)  
Filed under [Best of Boca](#), [Lifestyle](#)

[Leave a Comment](#)

*Excellent Surfing Here in South Florida During Hurricane Irene*

**By CHRIS CHRISTOFFERSEN**

**Staff Writer**



Surfers Paradise. Staff Photo/ C. Christoffersen.

When looking at a map of the United States America, it might seem like Florida would be a great place to surf. Anything north of West Palm is going to offer good waves year-round and makes for a great destination for surfing. If one is a surfer living below West Palm, however, there are many frustrating days without waves. The reason being is the Bahamas block the entire swell coming from the Atlantic Ocean. Therefore, surfers have to hope that storms move directly over the Bahamas, like it did during Hurricane Irene.

This year, South Florida was hit with world-class waves during Irene. The waves were perfect; it was about five to seven feet from the back of the wave and off shore winds. Waves are measured from the back because it is the easiest way to get an accurate reading of the height. When it is five to seven feet from the back, it means if when looking at it from the front of the waves, which is called the face it will be anywhere from ten to 14 feet. The offshore wind helps hold up the waves and slow them down making it easier to ride. It also makes the waves hold a solid shape as they crash.

Surfers in South Florida are used to wind chop. Wind chop accrues during the winter months when we get extremely fast wind coming off the ocean. This makes for a messy looking ocean that sometimes can get fairly big. It is not ideal for surfers because most times there is a crazy drift that will sweep one down the beach in no time. There is no doubt that if one was surfing here during Irene, that it was something that will be remembered.

# THINK PINK ROCKS

November 16, 2011 by [Brittany Brown](#)

Filed under [Best of Boca](#), [Featured](#)

[Leave a Comment](#)

*A Local Breast Cancer Awareness Concert*

**By ARIANNA SHAFFER**

**Staff Writer**

As Breast Cancer Awareness Month comes to an end, Mizner Park Amphitheater held the fourth annual Think Pink Rocks concert Saturday Nov. 5. The concert was not only to raise awareness and money, but it also encouraged people of all ages to come out and have a good time.

Stephanie Robin, one of the founders of Think Pink Rocks, started the campaign after she was diagnosed with breast cancer. The first concert was held in 2008 and featured various top recording artists at the time, including Akon, Flo Rida and Queen Latifah. The first concert had a great turnout and raised money for a number of breast cancer charities, which led the Think Pink Rocks concert to become an annual event.

“This feels incredible; it gets bigger and better every single year,” said Robin. “I wanted to reach thousands of people, especially the younger generation, about the importance and the need for early detection of breast cancer, so I figured a concert is a great way to do it.”

This year’s event had a great lineup of talent, with 12 unique performers, including Flo Rida, Shontelle, Sean Kingston, Iyaz and DJ Cassidy. All the performers had their own reasons for wanting to attend this event.

“This is my third time performing at this concert,” said DJ Cassidy. “When I was 10-years-old, my mother was diagnosed with breast cancer, and she survived. But not everyone is so lucky, so hopefully we can help this concert raise a lot of money and save some lives.”

“My cousin had breast cancer,” said Mann, performer. “So this concert is really important and means a lot to me.”

Lynn students majoring in Communication had the opportunity to attend the event with media credentials and interview special guests and performers who walked along the pink carpet.

“It was good for us as students to be a part of the media, which gave us a good opportunity to learn more with hands-on experience,” said Cassie Vergara, senior. “I think it was a great way to bring awareness with such an exciting event and I had a lot of fun.”





# A NEW MEMBER OF THE FAMILY

November 10, 2011 by [Brittany Brown](#)

Filed under [Campus](#), [People](#), [Profiles](#)

[Leave a Comment](#)

*The Combination of Work and Fun Brings a New Perspective to Lynn University*

**By MIMI TRINH**

**Assistant Editor**



Above: Professor Carlin uses a fun, creative approach to teaching his class. Staff Photo/ J. Rodrigues.

Lynn Professor Gary Carlin, who created the Coffee Talk Game, a board game that encourages communication skills, shared with iPulse his feelings on the university and past experiences in the toy industry.

iPulse: What made you leave the toy industry and come to Lynn?

Carlin: Well, I guess it's a lifestyle for me. I lived in Boston, and it was too cold. Then I decided to move to Boca where I'm originally from. It's not just the weather, but also the lifestyle.

i: How do you like Lynn so far?

C: It's been a great experience so far. I find the students very interesting and challenging. All the staff and faculty are very friendly.

i: How does your experience in the toy industry help you in teaching?

C: It helps me a lot, mostly by using real-world examples to compare them to textbook cases. Students love the examples I bring from real life, and they really enjoy the topics.

i: Where did the idea for the Coffee Talk Game come from?

C: Coffee Talk has inspired me since I've been an independent toy inventor. My co-inventor and I, we started the idea of doing an adult game; we didn't want to do a computer game. The name was originally something else, but we finally changed it to Coffee Talk Game. There are many coffee drinkers; the name definitely catches attention.

i: How do you define success in the toy industry and teaching?

C: In teaching, I define success as when I see a student goes on to a good career, when I see from the student's eyes that they get it and when they get excited in the subject even if they did not like it before. In the toy industry, I define success as to have a product, get it on the store shelf and get a good market share for it, of course.

i: What was the moment in your life that you felt the most successful?

C: It was at my 40th birthday when I brought together a party of people in my family and my work life. There were 50 people there; it showed how much they meant to me.

i: What did you learn from your experiences in the toy industry and as a professor that made you who you are today?

C: I guess the main thing would be learning to love what you do, which is very important. I was lucky to work in the toy industry, and I loved it. You cannot do anything unless you have a passion for it. I remembered we played games in meetings, so work was not just work for me. The same thing is true for teaching.

## GOOD PAYING JOBS WITH GOOD HOURS

November 10, 2011 by [Brittany Brown](#)

Filed under [Campus](#), [Lifestyle](#)

[Leave a Comment](#)

*On-campus Employment Gives Opportunity, Experience and Practical Skills for Life*

**By MIMI TRINH**

## Assistant Editor



Above: Graduate students working on campus. Staff Photo/ Mimi Trinh

Flexible work schedules, experience in the workforce and friendly working environments lead many students to decide to work on campus. Lynn faculty and staff serve as supervisors, guiding students and training them for future professional careers.

“It gives students first-hand experience and builds networking and communication skills,” said Angela Barioli, staff member in the Hannifan Center for Career Development and Internships.

Having worked on-campus in college, gone to graduate school and becoming a staff member at Lynn, Barioli understands the value of on-campus employment. She is a good example of how on-campus work can help motivated students succeed in the workforce.

Students who work on campus not only have extra spending money, but also build experience and necessary skills for the future.

“Working at the library helps me with interacting with people and dealing with difficult situations that I’ve never had before,” said Ana Lopez, junior.

Convenience and lack of transportation is another key factor contributing to why more students are wanting jobs on campus, especially in today’s unfortunate economy.

“I live on campus and I don’t have a car, so it’s easier for me to go to work here,” said Lopez.

Even international students are eligible for on- campus jobs. However, U.S. immigration law limits international students to working only part-time for up to 20 hours per week.

Students interested in on-campus employment should visit the Hannifan Center for Career Development and Internships, where they will receive information, resume writing tips, interview practice and career advice.

Students should take advantage of on-campus employment to learn outside of the classroom and explore different career options.

“There’s opportunity for those that are serious about it,” said Barioli.

## IS TIME A FACTOR TO CREATING ART?

November 10, 2011 by [Brittany Brown](#)

Filed under [Campus](#), [People](#)

[Leave a Comment](#)

*The Naked Stage, Lynn’s 24-Hour Theatre Project, Received A Great Reaction*

**By Sophia Barrett**

**Staff Writer**



Above: Proffesor Adam Simpson with Golladay and Morano. Staff Photo/ S. Barrett.

One night a year, professional actors, writers and directors come together to create the 24-hour theatre project.

Like Lynn’s 24-hour, everyone gathers and picks out of a hat a writer, director and four or five actors. They are given a list of titles to pick from, and the rest is left to the writers.

With any 24-hour theatre project, the outcome is always a surprise. Some shows turn out very well-written and entertaining, while others make the audience wonder, “What just happened?”

Lynn’s very own professor, Adam Simpson, was an actor in what his drama students considered the best show, written by the well-known South Florida Playwright Michael McKeever.

“It makes me feel very positive about the students in our program and where they are going with their careers,” said Simpson. “I think that our talents are on par with the professionals.”

Several drama students came to the show to support Simpson, but also to see how it compared to the 24-hour production Lynn Drama just put on.

“I actually think that ours this year was better than theirs,” said Kayla Golladay, junior. “There were a couple of really flat plays where in ours all of the plays were consistently upbeat.”

In this case, one cannot help but cut the performers and writers a break. One has to always keep in mind while watching these shows that they did not exist 24 hours previously.

The drama students greatly enjoy seeing professional productions to be able to observe, critique and learn what they should be working toward to achieve success.

“It was great to see the 24-hour Project in a professional setting,” said Jen Morano, junior. “It was interesting to see all the professional actors in South Florida working together as a unit, which I can appreciate in any theatre setting.”



## Student React To Duck Controversy

November 8, 2011 by [Brandon Melendez](#)  
Filed under [Campus](#)

[Leave a Comment](#)

**Katie Lemmon**

The one nice thing about going to a small college is that news travels fast, but false news travels even faster! I heard from several people that Lynn University had all the ducks on campus killed; that is far from the truth.

Lynn hired a licensed trapper to remove the ducks, under the impression that the ducks would be humanely relocated. Some of the ducks were relocated but the majority of them were killed.

My personal feeling on this topic is that people need to get over it. Now I have a skewed perception of this because I am from Texas and have grown up hunting and I am an avid member of my own personal version of “PETA”, which is, People for Eating Tasty Animals.

I don’t think that it is a bad thing that the ducks were killed; I just wish they had been dinner. They were causing a problem on campus, and Lynn had every intention of relocating them.

What 2nd or 3rd party members did with the ducks is not Lynn’s fault. All the students threatening a protest and writing comment on Facebook need to learn the facts!

### **Scott Young**

People love animals. Ironically enough, young adults become fond of animals because of their lack of contact with animals once they leave college. Lynn University is surprisingly home to many different types of animals, such as raccoons, tropical birds, and Muscovany Ducks.

In recent events, Lynn Representative, Matt Chaloux announced that the adorable Muscovany Ducks that roam Lynn University’s main walk way have been removed due to sanitation issues. All the appropriate actions were taken in order to remove the ducks safely and without harm done.

It has been said, several ducks have died in the process of the removal. People of Lynn University have been upset about the deaths, but the blame should not be lead towards Matt Chaloux.

It is a shame the ducks are gone, and frankly I am going to miss them, but for a long time now I have also noticed that the ducks defecate all over the Lynn University outside eating area. The two don’t mix.

### **Energy Maburutse**

Complaints by both students and faculty members have been raised over the removal of the Muscovy ducks that were living at Lynn University.



“This is the first time I have been truly upset with Lynn. I enjoyed watching the little ducks grow up. I fed them all the time and simply enjoyed seeing them while I walked to class. In my opinion, they were a part of Lynn University’s family. I am very disappointed,” a student commented on the school Facebook page.

In an email to the whole school sent by Matthew P. Chaloux, the Director of the Auxiliary Services on Campus, he passed regrets on the way this situation was handled. “We have learned this morning that the contractor did relocate some of the ducks, but that most were handed off to third parties, and he does not really know what happened to them. The contractor is no longer cooperating with our investigation,” Chaloux continued.

As a Lynn student from Zimbabwe where we let cats, dogs and any other pets sleep outside whether its winter or not; and where most people have less respect for animals, I find it hard to understand how this issue has turned to be this big. To me, “they were just ducks, no big deal.” If those ducks were living in my village I guess people would not have left them live that long and probably would have been my special relish at some point.

However, as a school with a heart, I feel the school was supposed to work together with the contractor and monitor closely the relocation of these ducks. Grievances and words of anger are still flaring around the school’s environment as many students are still remembering the duck family.

### **Lisa Armoyan**

Lynn University has been dealing with an unfortunate situation that has gone national, regarding ducks. They hired a private contractor to move a family of ducks from campus, and have them relocated to their natural homes.

However, the private contractor did not do what was asked of him, instead he gave some of the ducks to third parties and it is not known what happened to the other ducks. It is yet to be disclosed, with certainty, what happened to these ducks.

The president of Lynn University apologized to upset staff and students, who expressed their disappointment through a Lynn facebook page, and explained that they had started an investigation to find out what happened to the ducks.

The contractor stated he did not know what happened to the ducks, and refused to cooperate further, or answer any more questions during the investigation. Lynn University was “very disturbed,” and stated they will no longer be using these contractors again. The names of the contractors were not released.

### **Rachel Levenson**

Some disgruntled students and faculty have expressed outrage regarding the eradication of Muscovy ducks from Lynn's campus.

Due to public health concerns, the school originally hired state-licensed contractors to kindly remove and relocate the ducks back to their natural habitat. It was later discovered that some of the ducks had been handed off to third parties, and rumors circulating indicate that some have been destroyed.

Lynn students were vocal about the situation.

"This is the first time I have been truly upset with Lynn," one student wrote on the Lynn Facebook page. "I enjoyed watching the little ducks grow up. I fed them all the time and simply enjoyed seeing them while I walked to class. In my opinion, they were a part of Lynn University's family. I am very disappointed."

"I suggest you take responsibility for your actions, or you WILL have a student uproar," wrote another student.

School officials have expressed their remorse and explained that the situation was unintentional. "We are truly sorry and saddened for any hurt this may have caused," stated Director of Auxiliary Services Matthew P. Chaloux, M.B.A. in a mass email written to students.

Chaloux assured that the state of removal of the Muscovy ducks was an unfortunate mistake. "If we had any idea that the contractor would not relocate all the ducks to a safe area, we would never have done business with him," he said. "Destruction of any wildlife is antithetical to our many efforts to maintain a sustainable, green campus. We will never use his services again."

## **Sydney Putnam**

Lynn's campus is not only home to many students and faculty, but is also home to many wildlife species. Recently, the Muscovy ducks, which were some of the most commonly seen species throughout campus, were removed.

However, much controversy has been raised as to whether these ducks were appropriately transferred to a different habitat, or if they were in fact killed.

A campus-wide email was released on Oct. 28 regarding this uproar. It stated that many people have complained the ducks were creating potential health concerns, which was why they needed to be taken elsewhere.

Since the ducks were most commonly spotted around the patios surrounding the cafeteria and dormitory buildings, it created unsanitary conditions. "Excrement could easily be found on chairs and tables," said Matthew Chaloux, director of Auxiliary Services.

Although such a decision was in the best interest of the community, the way it was first delivered was not very well-defined. Prior to the email, the relocation of these ducks was not clearly dictated.

I believe that all rumors originate when there is not a decent quantity of adequate information. This belief stands true in relation to the situation with the ducks.

Had this email been sent out sooner, gossip throughout campus stating the ducks had been slaughtered would not have occurred. Rather, the appropriate story would have been released and no one would have anything too controversial to gossip about.

## AN ADROIT ACTOR

November 8, 2011 by [Brittany Brown](#)  
Filed under [Campus](#), [Featured](#), [People](#)

[Leave a Comment](#)

*Film and Stage Actor Richard Zavaglia Conducts Workshop*

**By Sophia Barrett**

**Staff Writer**



Students in the workshop. Staff Photo/ S. Barrett.

Recently well-known actor, Richard Zavaglia, came to Lynn to talk to drama students. He opened his workshop with the question, “What does acting mean to you?”

Sophomore Stephanie LoVerde said, “It is an outlet to express myself and take on a role that is different from who I am.”

Zavaglia has acted in many films, some include “Donnie Brasco,” “Bird,” “Justice” and “True Friends.” He shared useful advice for the young, hopeful actors.

“To be an actor, you have to be interesting, believable and exciting,” said Zavaglia. “As an actor, you should have a vivid imagination and be able to imagine yourself in any role and be willing to take chances. The actor should be able to find the Hitler and the Jesus within themselves; find the good and bad in a character.”

Many types of students attended this workshop to gain knowledge about the entertainment world. “I’m not a drama major,” said Shannon Bates, sophomore. “But it was interesting to hear someone’s insight about the industry, and he was really funny.”

According to Zavaglia, when getting into the mind of a character, one must ask themselves four questions: “What do I want?,” “What do I do to get what I want?,” “What’s in the way?” and “Where’s the conflict?” Conflict is very important in performance because without conflict, there is no drama.

Freshman Jordan Caulk found this workshop very helpful. “It was a great educational experience to have someone with such knowledge about acting come into our school and talk to us about a subject we want to learn more about,” she said.

To be successful, Zavaglia stressed that discipline and taking chances are crucial; that is when one produces good acting. “Theatre and movies are an illusion of reality,” said Zavaglia. “You can believe it if you let it, and the illusion becomes realistic.”

## MEN’S FASHION

November 8, 2011 by [Brittany Brown](#)  
Filed under [Campus](#), [Fashion](#), [Featured](#)

[Leave a Comment](#)

*What do Men Think About While Getting Dressed to Impress in the Morning?*

**By AURA CRUZ**

**Staff Writer**

Getting dressed in the morning is a different procedure for everyone. Ladies typically spend endless hours arranging and changing outfits to find the perfect one. Men, on the other hand, seem to care less about their appearance and simply wear whatever comes into their eyesight first. Although most men do not take as much time getting dressed as women, some do take time to pick out clothing that match.

When asked about his morning routine, Alan Gabriel Rodríguez, sophomore, said, “No, I never plan what I will wear. Never. I just take clothes and put them on; I take about one minute to get dressed. However, I can’t wear something that will look like I got dressed in the dark.”

Stefano Liberatore, sophomore, made it clear that his sleep time is precious and would rather save those few extra minutes in the morning. “I always wake up too late to think about what I’m going to wear, but I do take a minute or two to look through my closet. I take about seven minutes to get completely dressed,” he said. “Sometimes I do care if I match, only depending on my mood and what I want to wear.”

Tshiamo Lengoasa, sophomore, puts a little more effort into his daily outfits. “I plan what I’m going to wear in the morning the night before. I take about five minutes to get dressed, only because I already know what I’m going to wear. If not, it would take longer,” he said. “I have to match everyday.”

Christian Manzano, senior, is a typical man when it comes to getting dressed in the morning. “I don’t plan what I’m going to wear. I just look in my closet every morning and pick something out. I take about one minute to get dressed,” he said. “I do care about matching; I can’t just wear whatever.”

“I never plan what I’m going to wear. That takes too long. I take maximum five minutes to get dressed,” said Pedro Saona, senior. “I do match, however, I don’t stress about it or take long doing it.”

## A GREAT COMEDY WORTH WATCHING

November 8, 2011 by [Brittany Brown](#)  
Filed under [Entertainment](#)

[Leave a Comment](#)

*“Horrible Bosses” is an Epic Battle Between Workers and Their Bosses*

**By Rebecca**

**Stoppelmann**

**Staff Writer**



“Horrible Bosses.” Stock Photo.

Horrible Bosses, directed by Seth Gordan, is a comedy starring Jason Bateman, Charlie Day and Jason Sudeikis. This movie will bring lots of laughs, fun and excitement to audiences.

This film is about three close friends and their jobs. These three friends plot to murder each of their horrible bosses when they realize they are getting in the way of their happiness.

Nick Hendricks (Bateman) works in finance, Dale Arbus (Day) is a dental hygienist and Kurt Buckman (Sudeikis) works for a chemical plant.

The three best friends come up with a killing plan, but it falls through. Ultimately, everything works out, and they find their true happiness.

“This movie was entertaining; I could not stop laughing,” said Zoe Berman, senior. “I suggest everyone watch this movie.”

Although Berman found this movie to be funny, I think it could have been better. It was predictable and I was able to guess what would happen throughout parts of the film. For instance, when they plot the plan to kill each of their bosses, I knew everything would go wrong.

This comedy is available for purchase on DVD for \$29.99 and also available for Xfinity On Demand and costs \$4.99 for a 24-hour rental.

# STUDENTS LEARN TO SAY “NOPE”

November 8, 2011 by [Brittany Brown](#)  
Filed under [Lifestyle](#), [People](#)

[Leave a Comment](#)

*A Fast Crash Course on the Importance of Staying Drug Free*

**By Destiny Golden**

**Staff Writer**



Students who overdosed. Staff Photo/ D. Golden.

The Narcotics Overdose Prevention and Education task force educated students on the deadly consequences of mixing alcohol and drugs.

The NOPE presentation was solemn and meant to scare students straight. As they entered the Green Center, students were met with the sound of a beating heart and a slide show, as well as rows of life-size portraits of teens and young adults who have died from a drug overdose.

“These presentations are important so people can become aware of the repercussions of their actions,” said Hannah Springer, sophomore.

A Palm Beach Sheriff’s Office Captain spoke about having to deliver news to parents that their child was dead. He played a 911 call from a mother who found her son dead due to a mix of alcohol and prescription pills.

“There’s no way I would put my parents through that,” said Springer.

There were 297 deaths in Palm Beach County due to overdoses last year. The presentation was centered around the theme, “One Time Can Kill.”

Pamphlets were handed out to inform students of signs and symptoms of a drug overdose.

Signs and symptoms include: not awaking when roused, not responding to painful stimulation, exhibiting blue/purple lips, face and hands, cold and clammy skin, snoring or struggling for breath, vomiting and behaving irrationally or appearing confused.

The NOPE presentations was held during Alcohol Awareness Week and according to their mission statement, “NOPE exists to save lives through education and awareness.”

## VIETNAMESE SOUP FOR THE SOUL

November 8, 2011 by [Brittany Brown](#)

Filed under [Best of Boca](#), [Food](#)

[Leave a Comment](#)

*Lynn Students Can Satisfy Their Craving for Vietnamese Food at Pho Hoa*

**By A.J.**

**Mercincavage**

**Staff Writer**



Lynn students try a new type of cuisine and enjoy the taste of Vietnamese food at Pho Hoa in Tamarac. Staff Photo/ A.J. Mercincavage.



Students at Lynn experience cultures from around the world, yet somehow the cafeteria is stuck in the meat, starch and veg Stone Age. Breaking out of the tired, old food routine is a must and Vietnamese pho soups are a great way to do it.

Pho is a type of Vietnamese soup, usually served with beef, white and green onions and rice noodles. The soup is also served with sides of bean sprouts, cilantro, basil and limes, which can all be added by the enjoyer.

Pho Hoa, just 20 minutes away in Tamarac, offers delicious, not-your-everyday soups at a price fit for the college student budget. The standard soup size is massive and costs just \$9. For another dollar, customers can spring for the extra large bowl, and all but the hungriest will bring a second meal home.

“I don’t like a lot of things,” said Kayla Golladay, junior. “Not that I don’t like trying new things, but I’m just very simple. I don’t like a lot of spices; I don’t even really like soup. But it was really good.”

The ingredients at Pho Hoa are simple, but do not mistake them for bland or uninteresting. If one wants some crunch factor, they can add the bean sprouts; if one would like a bitter taste, they can squeeze a lime into the soup. The soup can be spiced up with sriracha hot chili sauce or sweetened with hoisin, a Chinese barbeque sauce.

Pho Hoa puts all this together in a mom-and-pop setting that sets the customer up for a great dining experience.

“It’s kind of nice when you walk into an area and see locals and people of Vietnamese descent sitting there and eating,” said Katie Lemmon, junior. “You can obviously tell [Pho Hoa] has really good quality food. I’ve had pho before, and I think this was a really good restaurant with great service and good prices.”

The simple, healthy ingredients of the soup can also be a great pick-me-up for sick students.

“Being a little sick, it helped with my sinus infection and cold,” said Jen Morano, junior. “I was really impressed with the overall taste.”

## **BALANCE BETWEEN WORK AND PLAY**

November 8, 2011 by [Brittany Brown](#)  
Filed under [Campus](#), [Fashion](#)

[Leave a Comment](#)

*Great Opportunity for Students Interested in Fashion and Sales*

**By NICOLE THAW Staff Writer**



Blodgett hosts Lynn University's Fashion show.

Alyssa Blodgett, fashion major, was lucky enough to land a job she loves as a sales associate for Henri Bendel at the Boca Raton Town Center Mall last year. As a full-time student, Blodgett had to learn how to juggle work, school and her social life.

"It's very hard. I have to wake up early or go to bed very late in order to do my homework before class," said Blodgett. "I even bring my laptop to work and do papers on my 30-minute breaks."

While working and being a student can be difficult, her hard work has paid off. "I love my job; they are promoting me to the new store opening up in the Gardens next month," she shared.

For Blodgett, the greatest perk of working for Henri Bendel is the discount she receives on all her jewelry. While she finds the job to be rewarding in all aspects, her favorite role is being able to set up the visual displays for the store. "Setting up the visual displays for the store is my favorite part, and something I am very passionate about," said Blodgett.

Prior to working for Henri Bendel, Blodgett had numerous jobs in the fashion industry that has helped her land her coveted position. "I worked at Abercrombie in high school and at a woman's boutique during my summer home in Massachusetts. I also interned at Bloomingdales during my sophomore year and at Boston Proper my junior year," she said.

Blodgett works about 23 to 26 hours a week and is more than happy to assist other Lynn students in their purchases. Her keen eye for fashion paired with the fashion classes she has taken at Lynn have allowed her to become an excellent sales associate. In her free time, Blodgett can be found shopping or hanging out with friends.

Henri Bendel is a recent addition to Boca Town Center and sells all sorts of trendy handbags, jewelry and even dog accessories. One can recognize Henri Bendel bags by their signature brown-and-white stripes.

For fashion lovers interested in a career at Henri Bendel, visit [www.henribendel.com/about/careers](http://www.henribendel.com/about/careers).

## A RIDE OF SEXUAL PROTECTION

November 8, 2011 by [Brittany Brown](#)  
Filed under [Campus](#), [Lifestyle](#)

[Leave a Comment](#)

*Students Learn the Importance of Safe Sex During a Mundane Affair*

**By OMER PARACHA**

**Staff Writer**



Shield Programmer Valerie Cuadros, junior, posing along her Sexual Education Program. Staff Photo/ O. Paracha.

Recently, Residence Life hosted a Shield program for students regarding Sexual Education. However, there was a twist to this event. It was held at the elevators of the Trinity Residence Hall.

The program educated students on ways to stay safe, myths about sexual diseases and birth control. Shield Programmer Valerie Cuadros, junior, also provided free condoms for students.

“By doing this event, residents are able to learn more about sex education and how to stay informed on how to prevent diseases,” said Gabriela Regalado, junior. The elevator was filled with information about how to stay safe as well as information about the Women’s Center.

Students who rode in the elevator were automatically introduced to this sexual education, which could have been a shock for many. But what students really found surprising was the distribution of condoms in the elevator. “Condoms on the elevator are an awesome idea,” said Harry Rosen, freshman.

This event was the perfect opportunity for students to learn more about sex, how to stay protected and avoid contracting sexually transmitted diseases. “It’s a very good idea to take this program to the elevator because that’s the perfect way that people will not miss this information,” said Alezandra Berrio, freshman.

As students entered the elevator, there were some laughs and comments about the program. “Nice mix of lollipops and condoms,” said Devin Green, freshman, referring to the bowl of condoms mixed with candy that students could grab as they enter the elevator.

With this program, students were able to gain knowledge about sexual education and places on campus they can go to learn more on this subject, such as the Women’s Center. It was a different and creative approach for students to learn about safe sex without sitting through a traditional

## **WALK OUT OF THE RAIN IN STYLE**

November 8, 2011 by [Brittany Brown](#)

Filed under [Best of Boca](#)

[Leave a Comment](#)

Keep Frizzy Hair Tamed When Battling Mother Nature’s Unexpected Burdens

By MARIAH KULKIN

Staff Writer



Flipping hair creates a fun, messy look



A simple twist keeps bangs away. Staff Photos/ M. Kulkin.

Students fight the unpredictable battle of South Florida's rain any day of the week, especially when it comes to their hair. Humidity is a girl's worst enemy; it puts moisture in the air, which makes hair frizzy and is a challenge to control.

"I just throw my hair up in a clip as soon as I see a drop of rain," said Kimberly Beck, sophomore.

Trying product after product can be expensive and a hassle. Half of hair products do not work and give false hope to taming wild frizz. Hiding in a hat is also a no-no and flat ironing hair is a waste of time; running a straightener through one's hair on a rainy day will result in frizz the moment one walks outside. There are a few helpful steps to a

ccomplish perfect rainy-day-dos.

A basic and favorite rainy-day-do is "the scrunch." After showering, apply gel to damp hair and scrunch with one's hands. Once nice and scrunched, flip hair once or twice and spritz a small amount of hairspray over the hair. "I like to scrunch my hair when it rains so I do not have to waste time straightening my hair," said Nathalie Dube, junior.

Another cute and simple hairdo is the messy bun; this look can be easy for anyone. Just gather hair like a ponytail and wrap into a bun. It can be loose and soft, tight and pulled and high or low. "Whenever it rains I always throw my hair up in a cute messy bun," said Alicia Tosti, sophomore. "It keeps it tamed from the rain."

Braids and twists are in style when tying back bangs. For those who cannot braid, then easy twisting is the perfect clean look for frizzy hair. This last do is just simply adding a ponytail to the braided or twisted back bangs; this is perfect for a rainy day, keeping hair away from one's face.

Rainy days are a hassle, but hair does not have to be. These rainy day dos are perfect, and all take less than 10 minutes.

## AMERICAN CUISINE ON THE AVE.

November 8, 2011 by [Brittany Brown](#)  
Filed under [Best of Boca](#), [Food](#), [Lifestyle](#)

[Leave a Comment](#)

*New Hotspot, BurgerFi, Graces the Intersection of AIA and Atlantic Ave.*

**By HANNAH**

**JACOBSON**

**Staff Writer**



A delicious BurgerFi burger with a perfect side of onion rings and french fries. Staff Photo/ H. Jacobson.

BurgerFi is a new and exciting burger restaurant located on A1A and Atlantic Avenue. It is the shake shack of the modern age. Located in a popular location, BurgerFi is known for their burgers, shakes and hot dogs.

The restaurant has walk up counter service, where they give customers a pager to notify when their food is ready. There is indoor and outdoor seating, with an amazing view of the beach.

The most popular item on the menu is the veggie burger. BurgerFi also offers a “green style” option, which is when they take away the bun and wrap the burger in lettuce. “It’s a healthier twist on an already amazing burger patty,” said Justin Cohen, senior.

The restaurant does not have parking specifically for their restaurant, so the only parking is located on the streets of Atlantic Ave. and A1A. “Parking is the only problem I have with BurgerFi,” said Lauren Inglesino, junior. “It’s a hassle, but the food is amazing and affordable.”

“Delray needed a good burger joint that is affordable, and it’s right across from the beach, which makes it a great experience,” said Gina Bogacki, junior. “You walk in straight from the beach in your bikini and eat and rest.”

BurgerFi is a great atmosphere and fun for everyone. Open between the hours of 11 a.m. and 1 a.m., this is a great place students will not want to pass up.

## **CURSIVE NOW REQUIRED AT LYNN**

November 8, 2011 by [Brittany Brown](#)  
Filed under [Campus](#)

[Leave a Comment](#)

*Lynn’s Sophistication is Taken to a Whole New Level With a New Script*

**By CASEY DOLL**

## Staff Writer



A student writes in cursive. Staff Photo/C.Doll

As most students know, the eloquent and proper form of handwriting is essential in presenting a professional document. Manuscript is the standard writing style for most school assignments. However, Lynn has realized that a more artistic and aesthetic style of writing should be put in place. Faculty have decided to establish cursive as the new mandatory writing style for students.

Professors have been instructed to fail any student who uses manuscript. Students will also be failed if their cursive does not meet the standard of elegance set by faculty. Additionally, all documents must now be handwritten so students can fully appreciate the art of cursive.

“If a student’s work does not look like it was written in the nineteenth century, then perhaps they aren’t quite Lynn quality,” said a faculty member. “Cursive is indeed the true style of a sophisticated individual.”

It is also now mandatory to write with a feather pen and ink for all assignments. Wearing Victorian era top hats and monocles while writing is recommended, but not required.

“Whatever. Cursive is a superior style of writing anyway,” said a freshman with wide-framed glasses and a fedora. “Manuscript is just way too mainstream.”

Lynn faculty claims this policy is another victory in the war for diversity. “We are being so diverse and different right now,” said a faculty member. “I dare you to find a university more diverse than us.”

Note: This piece was written in a joking, satirical manner and should in no way be taken seriously.



# EXERCISE A HEALTHIER LIFESTYLE

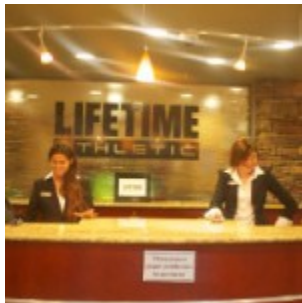
November 3, 2011 by [Brandon Melendez](#)  
Filed under [Best of Boca](#), [Health & Beauty](#), [Lifestyle](#)

[Leave a Comment](#)

*Lifetime Fitness Offers a Place of Exceptional Service and Affordable Prices*

**By KELLEY LYNSKEY**

**Staff Writer**



Employees of Lifetime. Staff Photo/ K. Lynskey.

Whether it is a late night study session with friends or pressures of senior year, one thing is for sure: it is a stressful time for students.

The toll of busy schedules, stress and late-night pizza munching can result in the change of students' waistlines. With the thought of being bit by the dreaded "Freshman 15 Bug" and stress brought about by the mounds of work, many students begin to seek healthier lifestyles. Lifetime Fitness, located at 1499 Yamato Rd. is the perfect solution to working off stress and exhibiting a healthier lifestyle.

Lifetime Fitness is an affordable way to give a boost to one's day while helping achieve personal fitness goals. It is the perfect place to workout, unwind and meet new people in a luxurious, high-class facility. With affordable membership options, the benefits to each member are endless. Lifetime offers high-tech equipment, multiple fitness and exercise programs, personal trainers, dining and health services, indoor and outdoor pools, jacuzzis, saunas and a locker room equipped with all the luxuries of home.

“I wanted a place I could workout at but still had a peaceful setting I could enjoy, and Lifetime definitely provides this,” said Spencer Goidel, junior. Lifetime member. “It for sure takes the edge off things when I know I’m at a welcoming, clean place I can work out, relax and get a nice, healthy meal at the end of a long school day.

Lifetime is not only a place to workout, but also a place to be educated about health, mind and body. Visit Lifetime Fitness at [www.lifetimefitness.com](http://www.lifetimefitness.com) or stop by and experience firsthand Boca’s most luxurious fitness center.

## SEASON’S COOLEST FRAGRANCES

November 3, 2011 by [Brandon Melendez](#)

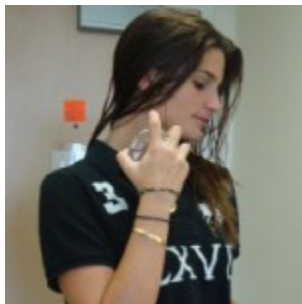
Filed under [Health & Beauty](#)

[Leave a Comment](#)

*Natural, Fresh Fragrances That “Fall” Under Perfect for This Fall Season*

**By AURA CRUZ**

**Staff Writer**



Student uses Chance by Chanel for fall season. Staff Photo/ A. Cruz.

Fall has officially started, bringing upon changes, for not only wardrobe, but for fragrances as well. Given that this season will have some of the most colorful fashion ever seen, fresh scented perfumes will also be a must.

This season’s hottest perfumes all have a fresh or floral scent; the natural fragrances will combine well with the season’s fashion. Dolce and Gabbana’s Light Blue, Daisy by Marc Jacobs and the pink version of Chance by Channel all fall under the category of fresh scents.

On the other hand, the fragrances Chloè by Chloè, Dolce and Gabbana Rose the One, Lola by Marc Jacobs and Versace Bright Cristal all fall under the floral category.

When asked about her favorite fall fragrances, Maria Mavrokordatos, sophomore, had a clear and defined answer. “I love Chance by Chanel, I wear it everyday,” she said. “It has a very classy and fresh smell; I will never get tired of using it.”

Chloè, on the other hand, is made from some of the most luxurious roses on earth. This exquisite perfume stays on skin for hours. Due to its high quality of ingredients, the scent will not detach from skin or clothing. With just a couple of sprays, one will feel as if they were wandering around in a field of flowers.

The Victoria’s Secret Garden Collection is a more affordable alternative for perfumes this season consisting of 15 different fragrances. This collection also provides corresponding lotion, body butter and other beauty products in every scent.

Make sure to get a hold of a natural scented fragrance this season. The fresh and natural scents will make sure one is on point with fragrances this fall.

## STUDENTS GET “STARCROSSED”

November 3, 2011 by [Brandon Melendez](#)

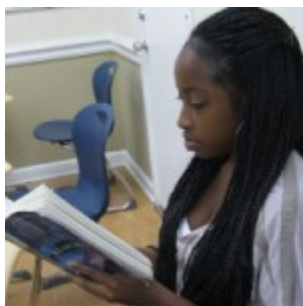
Filed under [Extra](#)

[Leave a Comment](#)

*Josephine Angelini’s Teen Trilogy “Starcrossed” is no Typical Greek Mythology*

**By DESTINY GOLDEN**

**Staff Writer**



Student reads “Starcrossed.” Staff Photo/ D. Golden.

“Starcrossed,” by Josephine Angelini, is the latest romantic teen trilogy that is sure to keep readers all over campus captivated with pages of action and suspenseful writing.

“I was just wondering what book I would read next,” said Neskati Petit, senior. “I guess this will be it.”

While “Starcrossed” does fall under the Greek Mythology category, it is not what readers are used to; it is a different take on a Greek tragedy.

It tells the unique love story of two star-crossed lovers, Helen and Lucas. These characters are not your typical demi-gods.

Demi-gods, in this novel, descend from four different houses. After an epic battle, it is believed that the House of Thebes is the last remaining house until a faction of the Hundred Cousins move to Nantucket.

In Nantucket whaling witches alert them to a beautiful loan demi-god descendent of the House of Atreus, Helen. Having being raised by a single parent, Helen is clueless as to who and what she really is.

“This is where the story gets really good,” said Jylessa Pyfom, sophomore. “Helen and Lucas end up saving each other’s life.”

Things seem to go well for a while until one of the Hundred Cousins come to Nantucket and finds out about Helen. One cousin kills another, Helen’s mother returns and the climax occurs.

“This book is so good and action packed,” said Pyfom.

While it sounds like another Greek tragedy, this book is part of a trilogy that leaves one wanting to know more.

Will Hector remain an outcast? Can Daphne be trusted? Will the Hundred Cousins descend on Nantucket, kill Helen and Daphne, and raise the lost city of Poseidon? And most importantly, can Helen and Lucas ever be together.

For these answers, readers will have to wait until May 2012 when the second book in this trilogy is released. “Starcrossed” is the first published novel by Josephine Angelini.

**Talk About It**

## **CENTER FOR CAREER SERVICES**

November 3, 2011 by [Brandon Melendez](#)  
Filed under [Campus](#), [People](#)

[Leave a Comment](#)

*Lynn’s Hannifan Center for Career Services Welcomes New Director*

**By RACHEL LEVENSON**

**Assistant Editor**



Bonds is the new Director of the Center. Staff Photo/ R. Levenson

The new Hannifan Center for Career Services welcomes Director Denisha S. Bonds, Ph.D., as the newest addition to its staff.

Bonds has only been director of the Career Center since the beginning of fall semester, but is eager to help students get started with their careers.

Bonds transferred to Lynn from North Carolina, where she was the director of The Career Center at The University of North Carolina at Pembroke.

“I’m happy to be part of Lynn University,” she said.

Bonds oversees the office, manages the budget and the staff, works with students, and works on marketing plans and class presentations.

“The only [drawback] to being a director is I don’t get to work with students quite as much as I’d like because I have so many meetings and other things to do related to directing the office,” she said.

Bonds always tries to work with students and help them as much as possible, whether it is deciding what they want to do, getting ready for grad school or finding a job or internship.

“My favorite part of the job is working with students,” she said. “I discovered that working with college students was my passion when I was a college student and was a peer advisor.”

Bonds described how career services works. “We educate students and give them all the tools they need so they can get their dream job when they graduate,” she said. “We help students analyze options and decide what might be a good match for the direction they’re looking to go. We also connect them with internships, working with the internship liaisons across campus.”

The Hannifan Center for Career Services also works with Knight Surfer to connect students with jobs and internships. “Employers post positions on Knight Surfer and contact Lynn about coming

to campus to recruit, do information sessions or interviews,” she explained. “There are also career fairs.”

Bonds is motivated to establish a strong branding of the Hannifan Center for Career Services. “We want students to better understand who we are, how we can help them and where we’re located, so we can increase our traffic and help more students,” she said.

Bonds is committed to setting students up with the job of their dreams and providing guidance to escort students in the direction of their career path. If one is looking for a job, internship or just interested in talking to someone about their future, The Hannifan Center for Career Services is located on campus on the lake side of Trinity Residence Hall. To get in touch with Bonds directly, email her at [dbonds@lynn.edu](mailto:dbonds@lynn.edu).

## A HOOSIER IN BOCA RATON

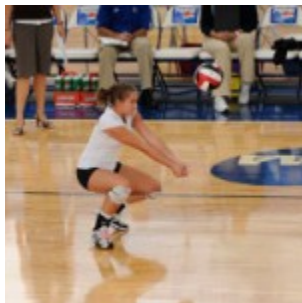
November 3, 2011 by [Brandon Melendez](#)  
Filed under [Athletics](#), [Campus](#), [Featured](#)

[Leave a Comment](#)

*Student and Volleyball Player From Indiana Plays to her Full Potential*

**By SHAWN KALE**

**Staff Writer**



Above: Bailey on the court. Photo/ LU Sports.

Lynn athletes come from all over the U.S. and world and it is no different for senior volleyball player Kara Bailey, as she hails from the Hoosier State of Indiana.

Bailey is from Laporte, the baseball capital of Indiana. But the Bailey family was all basketball with her dad as a coach and her brother, and role model, playing at Indiana University South Bend. Bailey, on the other hand, loved volleyball.

“My dad was a little disappointed that I did not play basketball, but volleyball was my first love,” said Bailey.

This is Bailey’s final season on the court playing the game she has given so much to over her career. “It has not hit me yet, I have played since I was 11 years old. After the season is over, I’m not going to know what to do with myself.”

Aside from volleyball, Bailey loves going to Chicago Bears and Chicago Cubs games, since Chicago is only a couple hours from Laporte. She also supports Notre Dame.

As a Cubs fan, she remembers games like the Bartman foul ball at Wrigley Stadium in the 2003 MLB National League Championship Series as vividly as any fan.

“I was watching it with my dad and I can remember to this day that we were both yelling and screaming at the TV. The result of this play would lead to the Cubs not making the World Series since 1945 and have not won it since 1908. We all still hold it against him to this day. We will never forget it,” said Bailey.

Graduating in the spring with a business administration degree specializing in management, Bailey plans to work in an athletic department at a college.

“Sports have always been my life and I want that to continue,” she said. “I do not want to coach, but be more in the business part of athletics and still be able to cheer on a team.”

Volleyball has given so much to Bailey over the years and she will miss every bit of the game, but she will always have the memories of the big games she has played, memories of the road trips with the team and most of all, Bailey will miss the sorority feel that comes with being on a team. She will always have friendships that will last a lifetime that have come from the game she loves, volleyball.



## FOOD FOR THOUGHT AND FACE

November 2, 2011 by [Brandon Melendez](#)  
Filed under [Health & Beauty](#), [Lifestyle](#)

[Leave a Comment](#)

## *Multiple Home Remedies Developed to Better Improve Skin's Complexion*

**By MARIAH KULKIN**

**Staff Writer**



Some household remedies that help toward healthier skin. Photo/M. Kulkin.

Applying foods to students' faces is a new way for them to help improve their skin.

Students are unaware that they do not have to pay for expensive skin care when all they need are a few basic items found in their refrigerator. There are basic and easy remedies to help improve and cure skin imperfections.

Homemade skin remedies can help and cure blemishes, rosacea, dry skin and anti-aging. These remedies are great to use after a day in the sun. "Homemade remedies sound not only fun, but something new to try," said Nathalie Dube, junior.

Avocado is extremely good for the skin and hair. It is very rich in natural oils and also contains excellent antioxidants such as vitamin E. Avocado is also great with dry hair and dry skin. Just mash up the avocado into a bowl and run it through dry hair or apply to the skin and leave on for only 15 minutes and then simply rinse off.

After drinking a nice cup of hot tea, take the tea bag and let it cool. Then, lay it on the face. This acts as a mild exfoliate. Also, place them over your eyes for just 15 seconds and this will reduce the appearance of bags and puffiness. "This was very quick and very relaxing," said Sarah Benjamin, junior.

For nice, soft and smooth skin, mash up bananas and milk and apply to the face and it makes a nice mask. Leave this on for 20 minutes and then rinse. For wrinkles, mix together egg whites with honey and this makes another mask for the face and this also only needs to be left on for 20 minutes, then just rinse.

Tomatoes are the perfect ingredient to keep around the house and are wonderful for the skin. With just a tablespoon of tomato and a few drops of lime or lemon juice, dip a swab in the



mixture and rub all over the face. What this does is lighten up dull skin and removes lots of excess oils.

A yummy mix of tomato juice and avocado is used as an astringent and reduces blackheads and oils, which is very moisturizing for the skin. This very rich, easy to make mask is filled with vitamin A, C and E. “This remedy made my skin feel so soft,” said Benjamin. “I was so shocked.”

Delicious and very accessible items can be easily found in any kitchen and can be used on any skin type. These quick cures are fun to try and have great success rates.

## COFFEE CULTURE IN THE FALL TIME

November 2, 2011 by [Brandon Melendez](#)

Filed under [Best of Boca](#), [Food](#), [Lifestyle](#)

[Leave a Comment](#)

*Hearty Annual Pumpkin Spice Latte is Back With a Vengeance at Starbucks*

By **KELLY LYNSKEY**

**Staff Writer**



Berger settles down with a warm pumpkin spice latte. Photo/K.Lynskey.

As the balmy carefree summer months vastly fade into the beautiful crisp autumn season, it is inevitable that the arrival of a new season brings upon new change. Generally when people think of the harvest season, many things come to mind. Changing of weather, leaves and swapping that two-piece suit for a sweater and a scarf.

However, with all these changes, one thing remains a timeless classic: the arrival of Starbucks' annual pumpkin spice latté. “This beverage has truly become a staple of the fall season,” said Starbucks employee Christian Capestany. “Customers can’t seem to get enough; it definitely draws in quite a crowd here.”

The beverage, in fact, has stirred up such a crazy amount of people that Starbucks has even created an interactive application page on Facebook where users can send in pictures and stories devoting their love to the beverage. “Working the morning shift, I’ve seen people begin to line up and wait an hour before opening,” said Capestany. “That’s true dedication.”

The delectable and irresistible ingredients would leave anyone feeling warm and fuzzy. Espresso, pumpkin-flavored syrup and steamed milk all enriched with the spices of the season cinnamon, nutmeg and clove topped off with whip and pumpkin pie spices are all in this one cup of coffee.

“Being from New York where we have tradition fall weather and stuff, it’s a reminder of home while living in south Florida,” said Alex Berger, junior. “It’s definitely something I look forward to and enjoy every season.”

This limited time drink will not be around for long, so be quick and buy a drink at Starbucks today.

## PASSION FOR WINDSURF

November 2, 2011 by [Brandon Melendez](#)  
Filed under [Featured](#), [People](#), [Profiles](#)

[Leave a Comment](#)

*Meet Leonidas Oikonomidis and Learn How He Became a Champion*

**By PATRICIA LAMMLE**

**Editor-in-Chief**



Oikonomidis windsurfing during tournaments in Greece and other European countries in previous years. Photos/ L. Oikonomidis.

Leonidas Oikonomidis is part of the 550 new freshmen that form the class of 2015. There are many things that may differentiate Oikonomidis from the rest of his classmates, but there is one

in particular that makes him stand out, and that is his talent at windsurfing. “Windsurf is my life,” said Oikonomidis. “I had to practice everyday for hours during both the summer and the winter.”

At 18-years-old, he has already participated in many international championships and won numerous accolades. Originally from Athens, Greece, Oikonomidis started this hobby in 2006. He had been sailing since he was 7-years-old and wanted to try to wind surf due to its popularity among his friends. Five years later he finds himself being part of the Greek National Team and holding more than one trophy.

In 2009, Oikonomidis won the RS:X Youth European Championship for participants under the age of 19 that took place in Greece, later on in 2010 in Turkey, he received third place on the same Championship. “All the training and hard work is worth it and pays off,” commented Oikonomidis on his successes.

He takes a lot of pride in his coach, Takis Bizios, since he has helped him a lot throughout the years and he continues to do so. Furthermore he thanks his sponsors Oakley and Hurley for their support.

While in high school, Oikonomidis practiced with the Greece National Team everyday after class and then went to the gym. Now at Lynn, he is trying to stay fit by working out at the Fitness Center and going for a run everyday, as well as going to the beach and surfing with his friends.

Currently, Oikonomidis is training for future tournaments, one of which will be the “Miami Rolex Cup” that will take place in January in Miami and the other which will take place in Europe during the summer 2012, and for which he will practice with the national team.

Besides windsurfing, Oikonomidis hobbies are cycling and snowboarding. At Lynn, he is part of the Surfing Club and majors in Hospitality Management. He enjoys traveling and wants to travel the world and work at different hotels. “I travel a lot so I’ve been to many countries and I’ve had many different experiences,” he said. Nonetheless his experience at Lynn has enriched him culturally. “I’ve met a lot of people from different countries,” he said.

Oikonomidis dreams of one day going to the Olympics, thus with such a successful background his dream seems more like a possibility than like a probability.



## **HARSH DRESS CODE ON THE WAY**

November 1, 2011 by [Brandon Melendez](#)  
Filed under [Campus](#)

[Leave a Comment](#)

*Individualized Fashion Sense is Soon to be a Practice of the Far Past*

**By CASEY DOLL**

**Staff Writer**



Student model showcases how Lynn students will dress to adhere to new guidelines. Staff Photo/K. Gray.

Due to the many complaints from the residents of Boca Raton, a strict dress code will soon be put in place in order to present Lynn students as cleaner, proper and boring citizens.

“I don’t know what kind of demonic creatures this Ed Hardy fellow worships,” says an elderly visitor to Lynn, “but I sincerely felt that my life was threatened by him and that awful Mr. Tapout character. I wager them both as dangerous rapsCALLIONS.”

Suits and ties will be the new standard for a male Lynn student while formal dresses will be required of all females. The colors of these suits must be a shade of grey or pale green color. Failure to adhere to these new standards will result in immediate expulsion from the university and a minimum of five years in a federal penitentiary.

“How are students supposed to learn in clothes like they wear,” asks another elderly citizen. “Back in my day, I couldn’t even read unless I had my Sunday best on!”

The faculty insists that students wear this formal attire throughout their entire career at Lynn, even during weekends and breaks. Hired professionals will check on students in their own homes to ensure that quality attire is being worn.

“What am I to do,” pondered a freshman girl. “Parading around my \$400 summer dress to show how special I am is the one shining light in my life.”

Lynn faculty understands that students will be reluctant to accept these changes and have decided to ease the transition by making every Friday “Wacky Tie Friday.” Male student will be given a wide array of zany ties to wear, while female students will be permitted to wear bikinis.

Note: This piece was written in a joking, satirical manner, and should in no way be taken seriously.

# OLAS NATIONS FACEOFF FOR GLORY

November 1, 2011 by [Brandon Melendez](#)

Filed under [Campus](#)

[Leave a Comment](#)

*Who Ever Said College Students Do Not Enjoy Playing Childish Games?*

**By AURA CRUZ**

**Staff Writer**



Students enjoy a day outside playing games to win eternal glory. Staff Photo/ A Cruz.

The multicultural club OLAS recently hosted an event filled with contests in which teams competed against each other while representing different nations.

The event started off with five teams, each representing a different nation. As the teams competed, they were eliminated one by one. The countries represented were Colombia, Costa Rica, Argentina, United States and Peru.

In total there were five competitions, all of which were entertaining to watch. The challenge began with the potato-sack race, followed by the three-legged race. These two competitions were by far the two most entertaining to watch.

The adrenaline in the contestants boosted as the lively crowd cheered for them. Even though the competitions were childish, the contestants took them very seriously. They were all looking forward to winning that first place prize.

As the competitions passed and teams were eliminated, it all came down to one last challenge the water balloon throw. The heat was on both team Colombia and team U.S.A were willing to do anything in order to win. After having to repeat the water balloon throw competition twice, team U.S.A took the first place.

Complete with lively music and food, the day was a success. OLAS provided tasty Colombian empanadas and sodas from different Latin American countries. Pedro Saona, senior, by far enjoyed the empanadas the most, “I couldn’t stop eating the empanadas I had 12 in total,” he said. “They are so delicious; I want more.”

Mauricio Burgos, sophomore and vice president of OLAS, put a lot of work into the experience. “The purpose of the event was to bring the Lynn community together and share our Latin American culture with everyone. The event was a success. I am glad everyone had fun and enjoyed the food,” he said. “I’m looking forward to our upcoming events.”

Even though the contestants seemed a little too old to be playing such games, they all enjoyed themselves. The occasion was a perfect way to distress everyone from exams and also a nice kick off for the weekend.

## LEARNING THE LYNN LIFESTYLE

November 1, 2011 by [Brandon Melendez](#)  
Filed under [Campus](#)

[Leave a Comment](#)

*The Office of Admission is Helping Prospective Students Make The Right Choice*

**By MIMI TRINH**

**Assistant Editor**



Above: Admissions faculty working hard to reach out to prospective students intrested in the university. Staff Photo/ M. Trinh.

Beautiful weather, excellent professors, an international student body and a great variety of academic majors attract many prospective students from around the world to Lynn. The hardworking individuals in the Office of Admission make sure potential students get the best picture of what life at Lynn will be like.

The staff working in the Office of Admission brings not only Lynn's style, but also American culture to many foreign nations. "We have a travel season when counselors travel all over the world to tell stories about Lynn," said Taryn Hamill, campus visit coordinator. "We create college fairs and go to places that no other college has gone to, like Kazakhstan."

Nothing but real experience and emotional attachment can lead a person to where they are supposed to be. Looking at the college application and decision process with this in mind, "We try to push more students to visit the school so that they can understand the philosophy and environment at Lynn," stated Stefano Papaleo, director of undergraduate admission.

What makes Lynn different from other colleges? Is it the amount of international students, close relationships between professors and students or hands-on experience with a great Dialogues of Learning curriculum? Coming to Lynn means attending an academic environment where "Students are able to practice their critical thinking and reasoning skills," said Papaleo.

With a strong passion for the institution and a great desire to assist in this year's applicants, many Lynn students work at the Office of Admission as student ambassadors in the work-study, part-time and volunteer programs.

Meaghan Boutwell, sophomore, said "I learn different skills and interact with lots of people. I am learning what an office assistant must learn." Hence, student ambassadors not only promote the school's spirit to prospective students, but also learn the necessary skills for future jobs after college.

To become a student ambassador, contact Taryn Hamill via (561)- 237-7743 or [thamill@lynn.edu](mailto:thamill@lynn.edu).

You are here: [Home](#) / [Campus](#) / FOUNDERS DAY HAS ARRIVED

## FOUNDERS DAY HAS ARRIVED

November 1, 2011 by [Brandon Melendez](#)  
Filed under [Campus](#), [Featured](#)

[Leave a Comment](#)

*The Annual Celebration of Lynn's Creation Has Taken Over Campus*

**By JENNIFER RODRIGUES**

## **Editor-in-Chief**



Students, faculty and family gather to enjoy the many activities and food at Founders Day last year. LU Photo.

Today marks Lynn's annual Founders Day, packed with exciting and fun activities for students to enjoy.

The day kicks off with a welcome address delivered by President Ross in front of Trinity Residence Hall at noon.

Directly following the speech, President Ross and his team will help kick off the annual canoe race. Due to the draining of the Schmidt Building Lake for the building of the Remembrance Plaza, the race will take place in Trinity's lake this year.

The annual canoe race will feature typical events including Best Team Apparel or Costume and the always popular Anything That Floats race. During the Anything That Floats competition, participants make a flotation device out of anything that is not a canoe and attempt to get across the lake. This competition will take place at 1:30 p.m.

Two new competitions have been added to the race this year. The first is Most Entertaining/Spectacular Sinking Team in honor of the tradition of teams ending up in the lake. The second is Pop and Paddle during which participants will need to pop balloons as they advance across the lake.

The day will conclude with the annual Founders Day Family Picnic and Festival. Students, faculty, and guests will enjoy games, food, activities and live music, from 4:30 p.m. to 7 p.m. The golf cart parade will occur during the festival, celebrating Lynn University and the many clubs and organization represented.

All students should make sure to participate in this exciting and fun-filled day. Remember, this celebration only happens once a year.

## **EVER TOO OLD TO TRICK OR TREAT**



November 1, 2011 by [Brandon Melendez](#)  
Filed under [Campus](#), [On the Street](#)

[Leave a Comment](#)

*iPulse Wanted to Know: How Old is Too Old to go Door to Door on Halloween?*

**By ALYSSA JACOBSON**

**Staff Writer**

Trick-or-treating has been a Halloween tradition for children. Throughout the years, the age of the trick-or-treaters has risen. iPulse has set out to see, if given the opportunity, would students go trick-or-treating and how old is too old to be a trick-or-treater?

“Depending on the given circumstance, I might just take part in the festivities,” said Desrie Cordero, sophomore. “I believe mid-twenties should be the age cut-off to go trick-or-treating.”

“I would absolutely love to go because it reminds me of my childhood,” said Rachel Lappas, sophomore. “You could never be too old to enjoy free candy.”

“I would not want to go trick-or-treating because I am just not interested in the activity,” said Frank Lazzinnaro, junior. “However, I don’t think there is an age limit for that activity.”

“I would most definitely go with my friends,” said Liana Bennett, freshman. “It gives me an opportunity to re-live my childhood.”

“As you age, the excitement of partaking in trick-or-treating diminishes,” said Kyle Radziewski, senior. “I believe that when you enter high school you leave your childhood behind.”

“I feel no need to ask for candy. At my age, I am able to buy the candy of my choice in the store,” said Jesse Kopp, graduate student. “I will wait until I have children to go out trick-or-treating again.”

## **HALLOWEEN PERSONAS GO TOO FAR**

November 1, 2011 by [Brandon Melendez](#)  
Filed under [Extra](#), [People](#)

[Leave a Comment](#)

*Two Students Trade Their Past Lives to Assume Superhero Identities*

**By CASEY DOLL**

## Staff Writer



Above: The epic clash between local hero Helper Man and arch rival, Rude Man. Staff Photo/ K. Gray.

Halloween is a beloved time of year for many Lynn students. It allows one to dress and act like fantastic, supernatural characters and escape from the monotony of everyday lives. This escapism, however, can be taken too far.

Last year, a Lynn student adorned a belt,-crown and blanket-cape, assuming a permanent role as Helper Man, the infamous people-helper. This year, his roommate has undertaken a black cape and named himself Rude Man, a villain devoted to undermining all helpful acts. These roommates have since ceased to be friends and are now mortal enemies.

“I’ve spent a year studying from the biggest jerks on campus in order to be a great villain,” said Rude Man. “I have quite an array of strategies for making the average student miserable and furious.”

Rude Man has been seen playing horrible music from his acoustic guitar to attract naïve freshmen girls. He also brings small puppies to campus for getting attention from women who would otherwise find him lacking in personality.

“One time I thought it would be funny to break E.M. Lynn’s ping-pong table,” said Rude Man. “Ping-pong is totally for nerds.”

“This guy is a menace to society,” exclaimed a frustrated Helper Man. “Rude Man was once my friend, but all of that changed once he started blaring 50 Cent at 3 a.m. on a Monday; Stopping him is now my life’s mission.”

Helper Man states that the Lynn library is one of Rude Man’s favorite hiding places. Rude Man enjoys playing loud music without headphones and talking to friends on his phone about how drunk he was the previous night.

It is said that Rude Man feeds off the superficiality and ignorance of the student body, but there are precautions Lynn students can take to weaken his power. According to Helper Man, students must not listen to bad music, not wear anything by Tapout or Ed Hardy and be an overall friendly and laid back person.

Note: This piece was written in a joking, satirical manner and should in now way be taken seriously.

# A VAMPISH APPROACH TO COSTUMES

November 1, 2011 by [Brandon Melendez](#)  
Filed under [Fashion](#), [How To](#)

[Leave a Comment](#)

*Learn How and Why Costumes Have Changed Through the Past Decades*

**By RACHEL LEVENSON**

**Assistant Editor**



Some costumes to choose from. Stock Photo.

Today's fashion for young women has become increasingly provocative with trends pushing suggestive and slinky. Over the past couple of decades, the Halloween spirit has evolved from spooky and modest to grandiose and seductive.

Traditional Halloween costumes originated from the supernatural may include witches, vampires, pumpkins, skeletons, ghosts and other creepy mystical characters. But over time, costume selections have extended to imitations of popular TV personalities, fictional characters, general subcultures (such as hippies) and "naughty" nurses and firefighters.

"I've either been a vampire or the guy from "The Crow" every year since high school," said Psychology Professor Dr. Seifer.

Political figures and pop culture inspire silly costumes for men and sexy for women. Pop stars, such as Britney Spears, have prompted women to steer toward a more racy approach for the holiday. Halloween has become a competition of outdoing everyone by wearing the sexiest, silliest or most unique costume.

Halloween costumes today for women are often formfitting, erotic and irrelevant to the original concept of the holiday, contrasting with costumes from earlier decades, which included princesses, hippies, superheroes, witches and vampires.

“I was a beatnik in the late ‘60s,” said Psychology Professor Dr. Adelson. “Back then, costumes were more conventional. Popular costumes were ghosts and witches and more conservative [than today]. It wasn’t about being provocative, but more about having fun.”

Since Halloween trends in this generation now follow mainstream culture, they tend to be over the top and give women an opportunity to emulate their favorite celebrity or turn an average job uniform into a slinky, flirtatious version. As provocative styles become more conventional, it is difficult to determine what “crosses the line” on a holiday that allows one to dress as unconventional as they wish.

# HALLOWEEN HISTORY

November 1, 2011 by [Brandon Melendez](#)  
Filed under [Featured](#), [Hidden History](#)

[Leave a Comment](#)

*Things That Go Bump in The Night Create a Perfect Halloween Celebration*

**By Kelley Lynskey**

**Staff Writer**



Pumpkin picking is the best way to start Halloween. Stock Photo.

Halloween, a night of mischief, celebration and fantasy, lets one’s imagination run wild and venture out on the streets wherever they please. Halloween is traditionally a time of pumpkin carving, candy, costumes, trick-or-treating and things that go bump in the night.

But how did the night of Oct. 31 become such a night of fantasy and horror? How and where did this average day in October become a celebration to the living and the dead?

According to history buffs, Halloween or All Hollow's Eve originally dates back 2,000 years to the ancient Celtic festival of Samhain. This was a time that marked the end of the harvest season and the beginning of winter. On that night, Samhain was celebrated with bonfires and town's people dressing up to parade around the streets in order to frighten away spirits and creatures.

Celts celebrated their new year on Nov. 1, which marked the end of the "season of the sun" and the beginning of "the season of darkness and cold." Having associated this time with death, the Celts believed that on the night of Oct. 31, the night before the New Year, the boundary blocking the worlds of the living and the dead became unlocked, and the two worlds became one.

Thanks to the Irish, these traditions came to the United States at the end of the 19th century where it became quite popular for adults to create very elaborate Halloween costume parties and masquerade balls. As students prepare to celebrate Halloween, take a minute to thank the Celts for starting these traditions that allow everyone to let loose and celebrate this holiday.